

WANT TO HELP SAVE A LIFE? WE THOUGHT SO.

EVERY THREE MINUTES **SOMEONE IS DIAGNOSED WITH BLOOD CANCER**

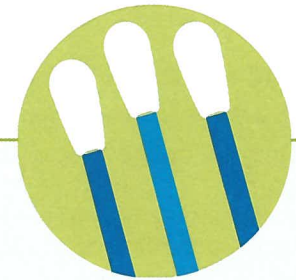
Thousands of patients with blood cancers like leukemia or other diseases like sickle cell anemia, need a marrow transplant to survive. Most patients don't have a fully matched donor in their family — and that's when they turn to Be The Match®.

By joining the Be The Match Registry®, your tissue type will be included in the search process for every patient in need.

We need registry members who are committed to helping save a life. That means being willing to donate to ANY patient in need, and being ready to follow through if called.

If you are called as a potential match for a patient in need, this commitment also means that you're willing to take up to 20 - 30 hours spread over 4 - 6 weeks to:

- Attend an information session
- Attend appointments
- Donate



READY TO **JOIN?**

- Confirm you're between the ages of 18 - 44
- Commit to donating to any patient in need
- Review the health guidelines and confirm you do not have any health issues listed

Join in-person at a donor registry drive or online at Join.BeTheMatch.org

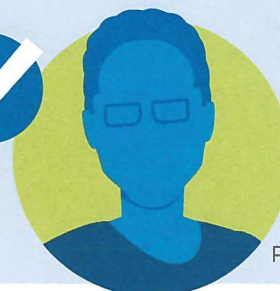
If you aren't ready to join at this time, that's okay. There are many other ways you can help save a life — just ask us how or visit: BeTheMatch.org/getinvolved

Donor



70%

of patients needing a marrow transplant **do not have a fully matched donor in their family.**



Patient

14,000

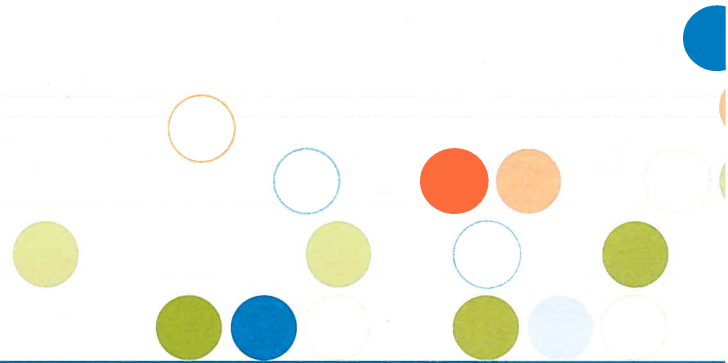
patients per year whose only hope for a cure is a **transplant from someone outside their family.**

KEEP IN MIND

- **You are not donating for a patient today.** The cheek swab is used to add your tissue type to the registry.
- Keep your contact information up-to-date so we can find you quickly if you are a possible match.
- You'll be listed on the registry until you're 61, unless you request to be removed from future searches.
- **If you are called as a possible match, it's important that you respond quickly,** and are willing to give a blood sample for further match testing.
- Share your decision to join the registry with family and friends now, so they'll support you later if you are called as a match.

DIVERSIFY THE REGISTRY

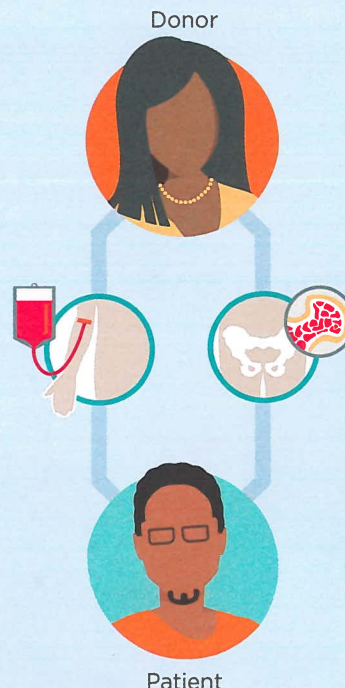
Adding more members with diverse ethnic backgrounds to the registry increases the variety of tissue types available, helping more patients find the match they need.



WAYS TO DONATE

If you match a patient in need, there are two ways to donate. The patient's doctor chooses the donation method that is best for the patient.

PBSC (peripheral blood stem cell) donation is a non-surgical, outpatient procedure called apheresis. The donor receives a drug for 5 days prior to donation that increases the number of cells in the bloodstream. The cells are then collected during donation. The donor may experience head or muscle aches that disappear shortly after donation, and are typically back to their normal routine in 1 to 2 days.



Marrow donation is a surgical, outpatient procedure that takes place in a hospital operating room. While the donor is under anesthesia, doctors collect marrow from the back of their pelvic bone. After donation, donors may feel soreness in the lower back. Donors are typically back to their normal routine in 2 to 7 days.

Health Screening Document

This document provides further information regarding some of the health categories and issues listed in the Health Guidelines.

Remember, to join the Be The Match Registry® you must:

- Be between the ages of 18 – 44
- Be committed and willing to donate to any patient in need
- Meet the health guidelines

If you have, or had any of these health diagnosis listed below, you will not be able to join the registry. Please talk with the Be The Match® Representative for other ways you can help save patients' lives!

Hepatitis B or C

HIV

Organ, marrow or stem cell transplant recipient

Stroke or TIA (transient ischemic attack)

Autoimmune Illnesses

You are not able to join if you have an autoimmune illness that affects your whole body including:

- Addison's disease
- Ankylosing spondylitis
- Chronic fatigue syndrome
- Fibromyalgia
- Multiple sclerosis
- Rheumatoid arthritis
- Severe psoriasis
- Sjogren's syndrome
- Systemic lupus erythematosus

However, you ARE able to join if you have an autoimmune condition that affects one organ system that is mild and well-controlled or you are fully recovered, including:

- Celiac disease
- Crohn's disease
- Graves' disease
- Guillain-Barre syndrome
- Hashimoto's thyroiditis
- Mild psoriasis
- Meniere's disease
- Raynaud's syndrome
- Ulcerative colitis
- Vitiligo

Brain injury or surgery

You are not able to join if you had a brain injury or surgery that includes:

- Surgery into your brain through your skull (craniotomy)
- A serious injury that caused bleeding into your head or brain tissue
- More than 6 concussions in your lifetime
- Symptoms from a concussion that lasted more than 72 hours
- A severe concussion where you were unconscious more than 1 hour

Blood cancer or disorder

You are not able to join if you ever had:

- A blood cancer
- An aneurysm
- A deep vein blood clot
- A blood or a clotting disorder

Cancer

You are not able to join if you ever had the following cancers AND had chemotherapy:

- Basal cell skin cancer
- Bladder *in situ*
- Breast *in situ*
- Cervical *in situ*
- Melanoma *in situ*
- Squamous cell skin cancer

Height	Max. weight (lbs.)	Height	Max. weight (lbs.)
4'10"	191	5'11"	286
4'11"	198	6'0"	295
5'0"	204	6'1"	301
5'1"	211	6'2"	310
5'2"	218	6'3"	321
5'3"	225	6'4"	328
5'4"	233	6'5"	339
5'5"	240	6'6"	345
5'6"	247	6'7"	355
5'7"	255	6'8"	363
5'8"	263	6'9"	374
5'9"	270	6'10"	381
5'10"	278	6'11"	392

OR you had cancer that was:

- Diagnosed within the past 5 years **OR**
- Had a recurrence or metastases **OR**
- Required chemotherapy or radiation*

**Localized bead radiation treatment for breast cancer or prostate cancer is acceptable. Radioactive iodine treatment for thyroid cancer is acceptable.*

Chronic neck, back, hip or spine pain

You are not able to join if you have on-going, chronic, significant pain to areas of the neck, back, hip or spine that:

- Interferes with your daily activities **AND**
- Requires daily prescription pain medication **OR**
- Requires regular physical therapy **OR**
- Requires regular chiropractor treatments

Diabetes

You are not able to join if you have diabetes that:

- Requires insulin
- Is poorly controlled by diet or other agents
- Has caused problems with your kidneys, eyes, nerves (neuropathy) or other organs

Heart diseases, a heart attack, or other heart-related issues

You are not able to join if you have heart disease or have had surgery that includes:

- Angioplasty
- Atrial fibrillation
- Heart attack
- Heart-related chest pains
- Heart disease such as coronary artery disease
- Heart surgery (*excluding successful cardiac ablation*)
- Pacemaker
- Valve replacement

Medications

You are not able to join if you are currently taking any of the following prescribed medications:

- Blood thinning medications (e.g., Coumadin (warfarin), Xarelto, Plavix, Lovenox, Ticlid)
- Cardiac medications (e.g., nitroglycerin, Isordil, Lanoxin (digoxin)) [Does not include medication used to treat high blood pressure]
- Chemotherapy
- Immunosuppressive medications (e.g., Imuran, Cyclosporine, Cytoxan, Humira, Enbrel, Remicade, Raptiva)
- Insulin
- Long-term steroids (pills) for more than 3 months (e.g., prednisone, hydrocortisone, Decadron, Hydrocortone, Medrol)
- Prescription narcotics or prescription pain medications used on a daily or frequent basis

READY TO JOIN? ALL YOU NEED IS TO:

- 1 Be between the ages of 18 - 44
- 2 Be committed and willing to donate to any patient in need
- 3 Meet the health guidelines listed below

THANK YOU FOR YOUR INTEREST IN JOINING THE BE THE MATCH REGISTRY®

Please review the following health categories and conditions to see if you meet eligibility guidelines. If you are unable to join the registry, please talk with your Be The Match representative for other ways you can help save patients' lives!

THESE CONDITIONS PREVENT YOU FROM JOINING:

- Hepatitis B or C
- HIV
- Organ, marrow or stem cell transplant recipient
- Stroke or TIA (transient ischemic attack)

THESE CONDITIONS REQUIRE FURTHER EVALUATION:

Please review the "Health Screening Document" for further questions and information around these areas. Your Be The Match representative can provide this document to you.

- Autoimmune illness
- Brain injury or surgery
- Blood cancer or disorder
- Cancer
- Chronic neck, back, hip or spine pain
- Diabetes
- Heart diseases, a heart attack, or other heart-related issues
- Currently taking certain prescribed medications on a regular basis for pain, heart issues, cancer, and other serious diseases

HEIGHT & WEIGHT GUIDELINES

Height	Max. weight (lbs.)	Height	Max. weight (lbs.)
4'10"	191	5'11"	286
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