

HELP SAVE SHIRA AND OTHERS!



REGISTER AS A BONE MARROW DONOR:

Sunday, October 7th, 2012

11:00 AM – 5:00 PM

Dance Attitudes

6 Timber Lane Marlboro, NJ

“I am reaching out for help to give Shira, the love of my life, the mother of my three beautiful children, Rylie (9), Brayden (6), and Lucas (2) a second lease on life. Shira was diagnosed with Hodgkin's Lymphoma on New Year's Eve 2010 - just a few weeks before the first birthday of our youngest child while on a family vacation. I am asking you all to test yourself to see if you are a match for Shira - and if not, your efforts may just help someone else's mom, daughter, or friend, who like Shira is fighting every day. I need your help TODAY; not tomorrow, not next week, but today. Your immediate action could be the needle in the haystack we are looking for.”

– Justin Klein, Shira's husband

For more information, visit <http://www.facebook.com/Smiles4Shira>
To volunteer at the event, email volunteer.smiles4shira@gmail.com

HELP US SAVE MORE LIVES!

Make a \$ donation and select code: SKN 000

www.dkmsamericas.org/donate

**FIGHT BLOOD CANCER
GETSWABBED.ORG**



FACTS ABOUT BONE MARROW DONATION

▶ WHO IS DKMS?

DKMS is the world's largest bone marrow donor center; leading the fight to defeat blood cancer by empowering people to take action, give bone marrow and save lives.

▶ WHY DO YOU NEED ME?

As a registered bone marrow donor, YOU increase the chance that a patient will find the lifesaving match s/he needs. The donor and patient must have at least 8 tissue characteristics (HLA characteristics) in common but ideally should have 10. With more than 4,000 known characteristics that can occur in millions of combinations, finding a match is extremely difficult. This is why every new donor counts!

▶ CAN I BECOME A BONE MARROW DONOR?

You must be 18 to 55 years old, in good general health, weigh at least 110 pounds, not exceed a body mass index of 40, and be willing to donate to any patient in need. If you meet these requirements, you can register by completing a registration form and swabbing the inside of your cheeks to collect cells for HLA tissue typing.

▶ WHAT IS MY COMMITMENT?

Your tissue type will be listed anonymously on the Be The Match Registry® (operated by the NMDP) until your 61st birthday unless you asked to have it removed. You must be willing to consider donating to any patient who needs you. You must keep your contact information and health status updated in the DKMS database at all times.

▶ HOW ELSE CAN I HELP?

- ▶ Organize a donor drive in your community, or at your office, or school, and register new donors for DKMS.
- ▶ Encourage family, friends and others to register online at GetSwabbed.org/register.
- ▶ It costs DKMS \$65 to process every new donor. We rely on people like you to help us fund new donor registrations. Go to GetSwabbed.org/donate to make a monetary donation and help us save more lives.
- ▶ Like us on [Facebook.com/DKMSamericas](https://www.facebook.com/DKMSamericas) and help spread the word.
- ▶ Fundraise for DKMS. Set up a fundraising page at FirstGiving.com/DKMS.

▶ WHAT HAPPENS IF I'M A MATCH?

If you are a match for a patient, a DKMS representative will contact you. You will fill out a health questionnaire, and possibly undergo additional testing to determine if you are the best possible donor for the patient. If so, you will donate in one of two ways, to be determined by the patient's doctor.

1 PERIPHERAL BLOOD STEM CELL DONATION:

Cells are collected via the bloodstream. To increase the number of stem cells in the bloodstream, donors receive daily injections of a synthetic protein, called filgrastim, for 4 days before and on the day of the collection. On the day of collection the donor's blood is removed with a sterile needle from one arm and passed through a machine that separates out the blood stem cells. The remaining blood is returned to the donor through the other arm. The cell collection is an outpatient procedure that takes about 4-6 hours on 1-2 consecutive days. While taking filgrastim, many donors experience flu-like symptoms, such as headaches, bone and muscle aches and fatigue. Most side effects subside within 48 hours of donating.



2 BONE MARROW DONATION:

Marrow cells are collected from the backside of the pelvic bone (not the spine) using a special syringe. Donors receive general anesthesia so no pain is experienced during the marrow extraction. This is a 1-2 hour, outpatient, surgical procedure. Most donors are discharged from the hospital at the end of the day. Many donors experience some pain, bruising, and stiffness for up to two weeks after their donation. Within a week of donating, most donors are able to return to work, school, and many regular activities. The donor's marrow completely replenishes within a few weeks.



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