

# SAVE A LIFE – JOIN THE BONE MARROW REGISTRY!

## WHAT IS THE AUSTRALIAN BONE MARROW DONOR REGISTRY & WHY IS IT IMPORTANT?

- Many people who have a blood cancer or other type of blood disorder rely on having a bone marrow transplant, also known as a stem cell transplant as their chance for a cure. This means they need to find a stem cell match.
- The Australian Bone Marrow Donor Registry (ABMDR) is a register that people voluntarily join, so doctors can search for lifesaving stem cell matches for cancer patients.

70% of patients searching for a match will not find one in their family  
They rely on finding a match on the bone marrow registry

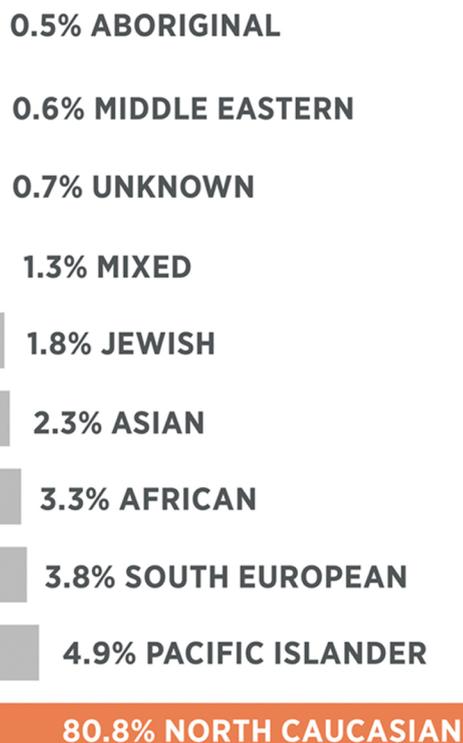
- Only 30% of patients find their match with a family member, the other 70% rely on finding their match on the Australian Bone Marrow Donor Registry or on the worldwide bone marrow registries.



## WHY IS MATCHING AND ETHNICITY IMPORTANT?

- A patient is more likely to find their match with someone who shares a similar ethnic or indigenous heritage as them.
- It is extremely difficult for a patient with an ethnic or indigenous heritage find their lifesaving match.
- It's difficult because 81% of people on the ABMDR are of North West European background and the rest of the ethnic groups are split across tiny percentages.

### Percentage of ethnic backgrounds represented on the Australian Bone Marrow Donor Registry



## HOW TO JOIN THE AUSTRALIAN BONE MARROW DONOR REGISTRY

You need to be aged between 18 to 45 years old to join and you will need to specifically request to join the Australian Bone Marrow Donor Registry.

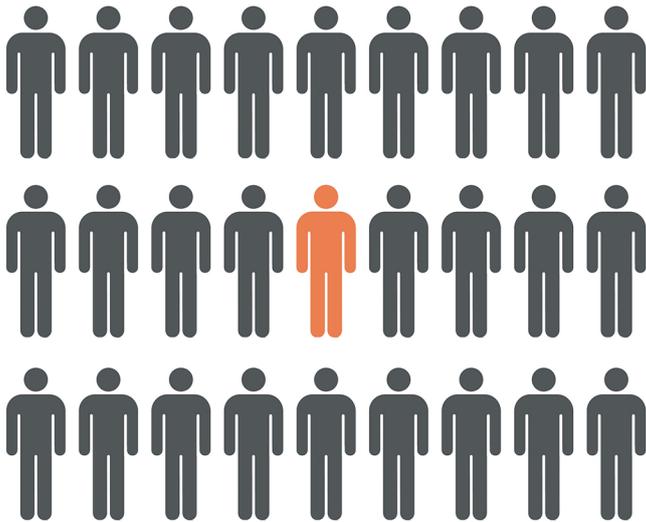
**1. Book your appointment** by calling the Red Cross Blood Service on 13 14 95 or visit [www.donateblood.com.au/make-appointment](http://www.donateblood.com.au/make-appointment)

**2. Attend the appointment** at your nearest Red Cross Blood Service Centre and give a small sample of blood, you may also do a standard blood donation.

For questions about health & eligibility to join call 13 14 95

## HOW OFTEN WILL YOU BE SOMEONE'S MATCH?

• Only 1 in 1500 Australians are a match in any given year. Although the chance of being matched is low, by simply joining gives hope to many patients.

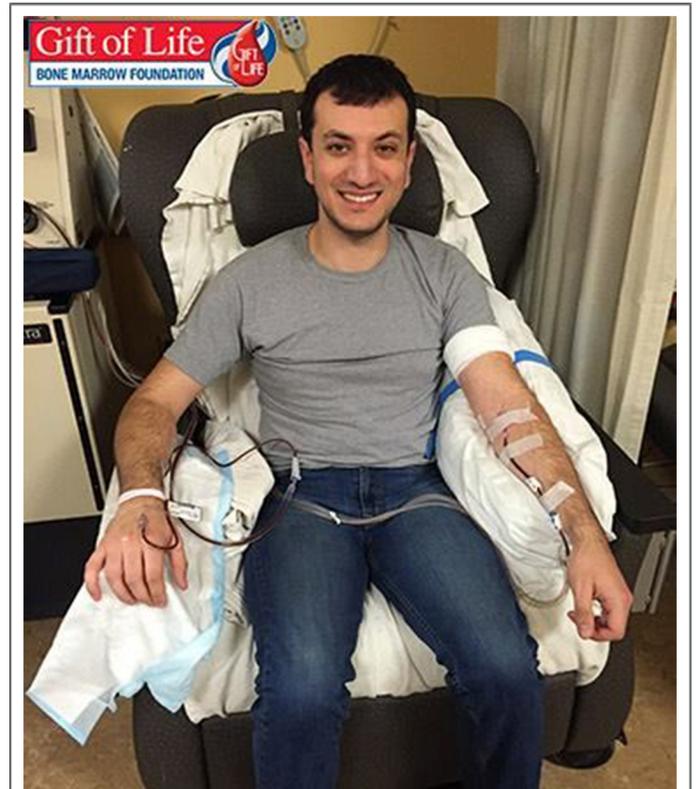


• You are not obligated to donate your stem cells when you are contacted. However once the patient receives their high dose chemotherapy, this is the “point of no return” as the patient would not survive without receiving the stem cells.

• You need to be prepared to show a level of commitment when you join as it's unfair for patients to receive false hope.

## WHAT HAPPENS IF YOU ARE SOMEONE'S MATCH

- Donating your stem cells is made easy these days and is not as scary as it sounds.
- Stem cells can usually be taken straight from the blood stream, much like in a blood donation.
- A small daily injection is given 4 days prior to the stem cell collection day. It's safe and harmless and allows stem cells to flow through the blood stream.
- On the stem cell collection day, the non-surgical procedure takes 3-4 hours and you can often watch TV or read a book during it and return to normal activities afterwards.
- For more information about what's involved during the donation process please visit the website below.



*A donor in the middle of donating his stem cells.  
Photo courtesy of Gift of Life.*

The cure to some cancers is in your body!

You just need to join the Australian Bone Marrow Donor Registry to be searched and found!

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