

*Every 4 minutes, a baby, child or adult is diagnosed with a blood cancer like leukemia. No one expects it. No family is prepared.*

*Many of these patients need a marrow transplant to survive, but don't have a matching marrow donor in their family. They turn to the Be The Match Registry® to find a donor who can save their lives.*

*Patients especially need marrow donors ages 18 to 44 who have diverse ancestry.*

# Be The Match

Are myths stopping you from joining the registry?

1.800.627.7692 | [BeTheMatch.org](http://BeTheMatch.org)

Read On!

Please Register

## MYTHS AND FACTS: donating marrow

**Myth:** All donations involve surgery.

**Facts:** The majority don't.

- Most are done without surgery, using a procedure called peripheral blood stem cell (PBSC) donation.
- The second way to donate is marrow donation, and that's surgical.
- Whichever way you donate, you typically go home the same day.

**Myth:** Donating is painful and takes a long time to recover.

**Facts:** PBSC donation

- With PBSC donation, there can be uncomfortable, but short-lived, side effects.
- Donors take a drug for 5 days before donation, and that can give you headaches, joint or muscle aches or fatigue.

- The discomfort goes away quickly after donation, and you will typically be back to your normal routine in 1 to 2 days.

**Facts:** Marrow Donation

- With marrow donation, you get general or local anesthesia, so you'd feel no pain during the procedure.
- It's normal to get some soreness in the lower back for 1 to 2 weeks afterward.
- Marrow donors are typically back to their normal routine in 2 to 7 days.

**Myth:** Donating is dangerous and weakens you.

**Facts:** Risks are very small, and long-term side effects are rare.

- Only 1% to 5% of your marrow is needed to save a life, so you'd stay strong. Your marrow replaces itself in 4 to 6 weeks.

- Be The Match doesn't let you donate until we're sure you're healthy and donating would be safe for you.
- We're with you every step of the way with support and information.

**Myth:** Pieces of the bone are removed from you during marrow donation.

**Facts:** Pieces of bone are never taken in the marrow donation.

- Only the liquid marrow found inside the pelvic bone is needed to save the patient's life.

**Myth:** It costs money to donate.

**Facts:** Donors never pay to donate.

- Donors are never paid to donate.
- We reimburse all travel costs and other costs as well.

