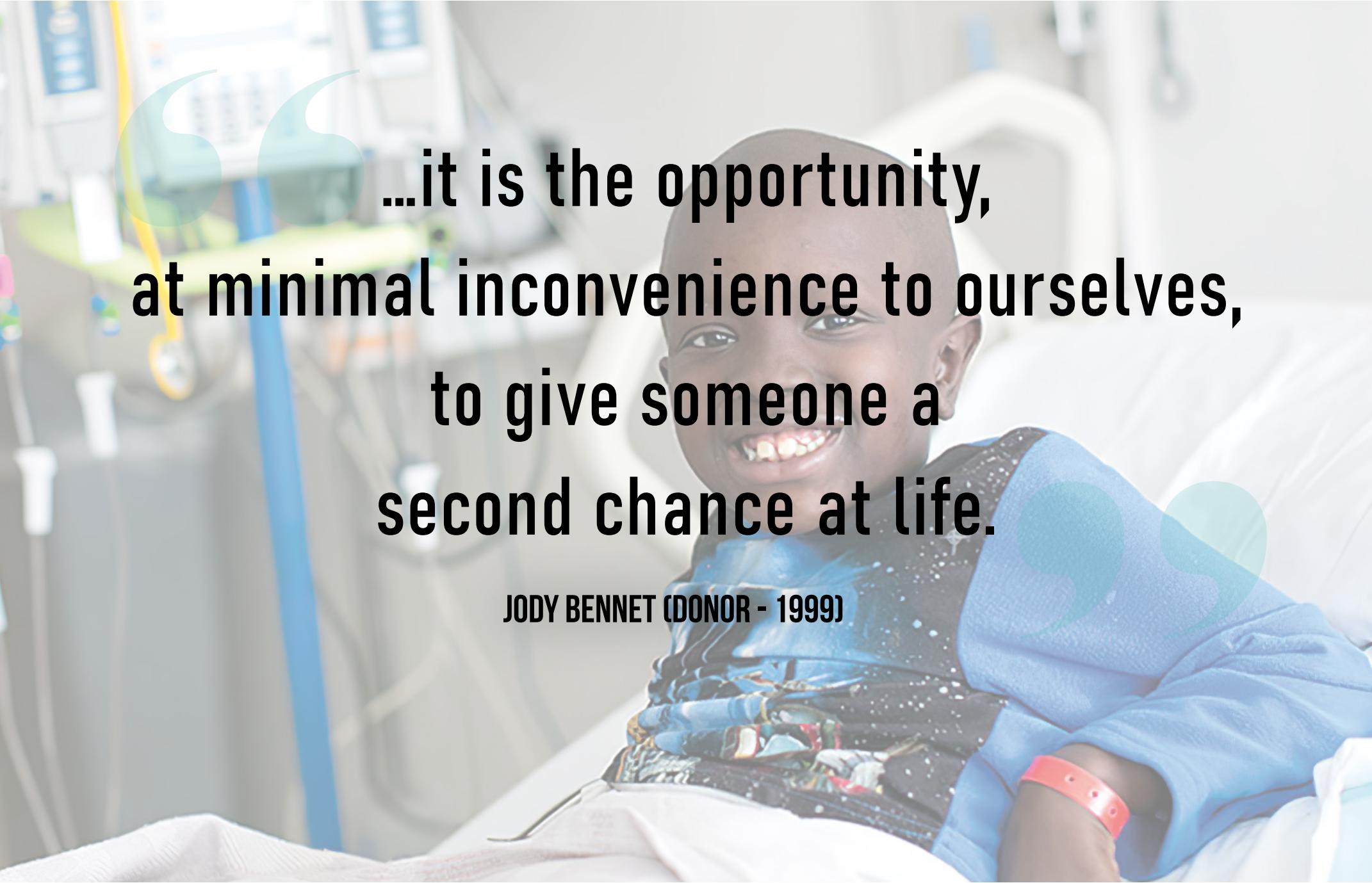


DONOR BROCHURE



You could be someone's tomorrow



“...it is the opportunity,
at minimal inconvenience to ourselves,
to give someone a
second chance at life.

JODY BENNET (DONOR - 1999)

ABOUT

Established in 1991, The South African Bone Marrow Registry is a non-profit organisation which conducts highly specialised searches to find matching bone marrow donors for critically ill South African children and adults. These patients need a stem cell transplant in order to survive and often do not find a suitable match within their own family.

SABMR is based at Groote Schuur Hospital in Cape Town but works closely with national collection, harvest, medical centres and laboratories, in identifying matching donors for patients.

SABMR is the only Donor Registry in Africa accredited by the World Marrow Donor Association:

<https://www.wmda.info>

ABOUT CONTINUE...

The SABMR is responsible for making all logistical arrangements to have bone marrow cells collected (“harvested”) from a donor and safely delivered to the patient.

On the one hand becoming a donor is extremely rewarding – your donation might save someone’s life. On the other hand, it is a commitment that should not be taken lightly.

This brochure gives more information to help you make an informed decision about signing up. SABMR encourages you to sign up only if you are 100% sure that you are able and willing to do this.

Feel free to visit our website or contact our friendly staff for more information on procedures and testimonials from previous donors and patients who have given or received stem cells.

www.sabmr.co.za

THE DONATION

Bone marrow exists inside bones and is considered to be the factory for producing red blood cells (carrying oxygen), white blood cells (fighting infection) and platelets (preventing bleeding).

Bone marrow stem cells, called haematopoietic cells, develop into healthy blood cells to support the immune system, carry oxygen to tissue and prevent bleeding.

Patients will need a bone marrow transplant if their own bone marrow is unhealthy. During a transplant, doctors use drugs and radiation to destroy the diseased bone marrow. Healthy stem cells, from a donor, are infused into the patient in the same way as a blood transfusion. Stem cells, from a healthy donor, travel to the large bones and proceed to produce normal, healthy blood cells.

DONATION CONTINUE...

Bone marrow transplants help to treat and even cure some life-threatening illnesses, including:

- Leukaemia (cancer of the white blood cells).
- Non-Hodgkin's Lymphoma (cancer of the lymphatic system).
- Bone Marrow Failure (severe aplastic anaemia).
- Some genetic blood and immune system disorders.

These illnesses can affect anyone, no matter their age, gender, religion, race or nationality. Although bone marrow transplants are not always successful, they often give someone their only chance of recovery.

CRITERIA

Applicants must be between the ages of 16 & 45 to register as a potential donor. There are other conditions, including medical criteria that need to be fulfilled as well.

Applications are submitted online on <https://sabmr.co.za/become-a-donor/> or during focussed donor recruitment drives held throughout the year.

The donor exclusion criteria are listed on our website under :

<https://sabmr.co.za/donor-exclusion-criteria/>

New applicants complete a comprehensive health questionnaire and if eligible will be contacted by SABMR to complete a Buccal Swab (cheek swab) free of charge.

CRITERIA CONTINUE...

Only donors between the ages of 16 & 45 are recruited by the SABMR due to limited resources and funds. Younger donors are selected for patients as there is evidence to show there is a better survival rate for patients with a younger donor.

Should you wish to suggest an awareness or recruitment event, please visit our event enquiry page and submit your request on:

[**https://sabmr.co.za/contact-us/**](https://sabmr.co.za/contact-us/)

PREPARING

The matched donor will undergo a full medical examination to determine their health status and assess whether they are at any risk during the donation process. Once medically cleared to proceed, the donor will receive a five-day course of daily granulocyte-colony stimulating factor (G-CSF) injections to increase the number of stem cells in their blood stream.

On the fifth day of the injections, the donor will be admitted to a medical facility and be connected to a cell separator machine. The machine takes blood from the donor, removes the cells needed for the transplant, and returns the remaining cells to the donor's body. Sometimes it is necessary for the stem cell collection to be done on the sixth day as well. A Donor Welfare Officer, appointed by the SABMR, will accompany the donor throughout the day of the donation to support them in any way needed.

DID YOU KNOW?

- Prior to stem cell donation, the patient too will undergo a conditioning regimen of chemotherapy with or without radiation in preparation for the transplant.
- The SABMR will contact the donor to ensure they are able to resume normal activity. SABMR monitors donor health for a period of ten years following the procedure. During this time annual check-ups are scheduled.
- In the same way as red blood groups exist, so white cells can be categorised into groups known as “tissue-types”. The tissue types of the donor and patient must be matched. Very many possible tissue types exist, so that finding the correct match depends upon having a large register of donors.

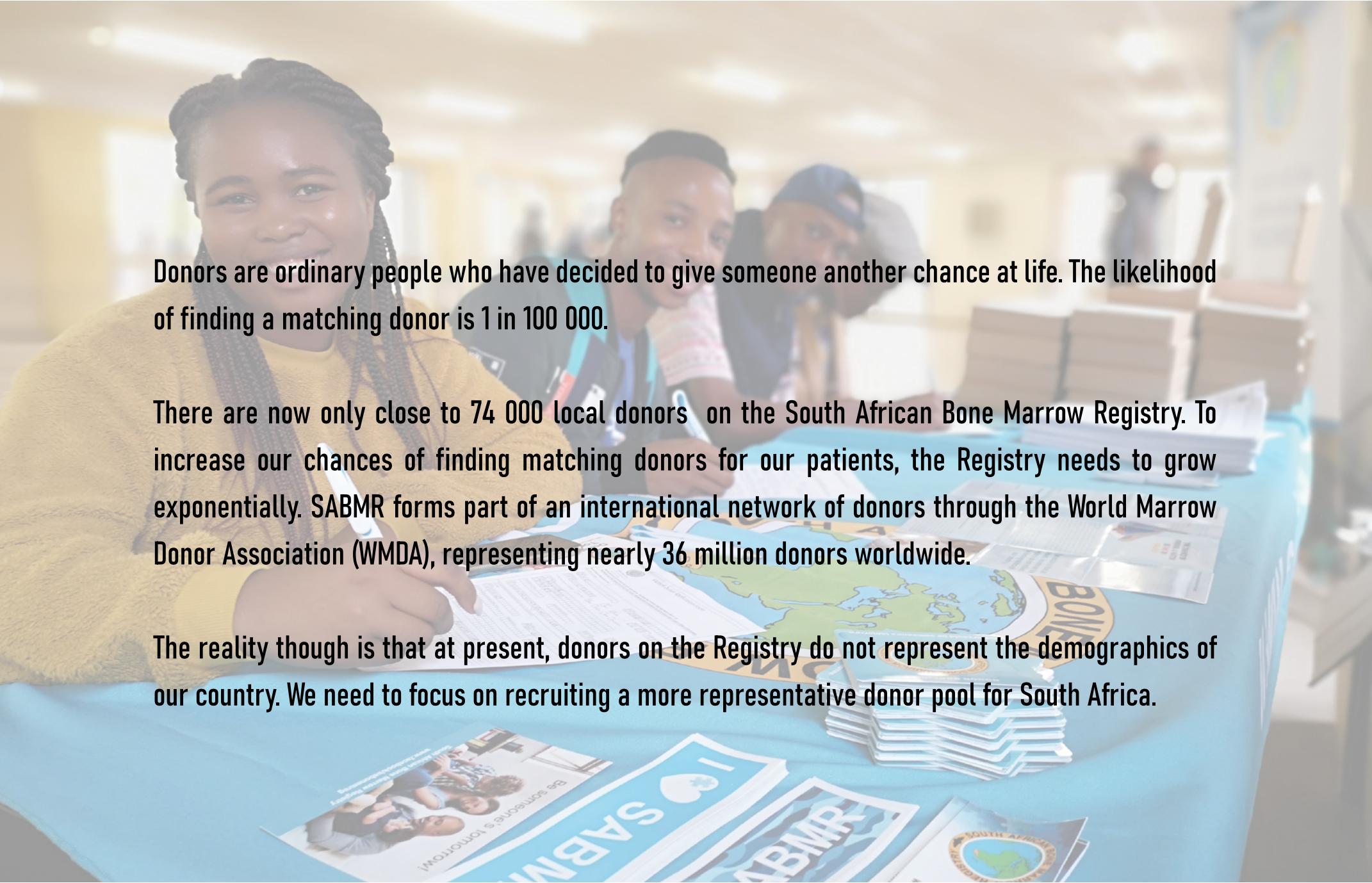
COSTS

You do not have to pay anything to make a tissue or blood donation of your bone marrow stem cells. The SABMR pays for the costs of tests and collection.

Your donation is voluntary and as such, it is against the law to receive remuneration for making any donation. Any costs incurred however will be reimbursed fully for example travel expenses.

Furthermore SABMR appreciates any financial donations made in a private or corporate capacity towards the cost of testing and recruitment.

www.sabmr.co.za/donate/

A group of diverse young people are smiling and holding up informational brochures about bone marrow donation. The brochures feature the South African Bone Marrow Registry (SABMR) logo and text. The background is a bright, indoor setting.

Donors are ordinary people who have decided to give someone another chance at life. The likelihood of finding a matching donor is 1 in 100 000.

There are now only close to 74 000 local donors on the South African Bone Marrow Registry. To increase our chances of finding matching donors for our patients, the Registry needs to grow exponentially. SABMR forms part of an international network of donors through the World Marrow Donor Association (WMDA), representing nearly 36 million donors worldwide.

The reality though is that at present, donors on the Registry do not represent the demographics of our country. We need to focus on recruiting a more representative donor pool for South Africa.

MEDICAL PROCEDURES

Peripheral blood stem cell (PBSC) collection is the most likely method of collecting stem cells. Blood stem cells are found in the bone marrow and also circulating blood stream (peripheral blood) but in smaller numbers. The growth factor or granulocyte-colony stimulating factor (G-CSF) encourages the movement of stem cells from the bone marrow where the cells are made into the peripheral or circulating blood.

On the day of the PBSC donation, blood is removed through a needle in one arm and passed through an apheresis (cell separation) machine that will collect blood stem cells. The remaining blood is returned to you through a needle in the other arm. This process is similar to what is used when donating blood platelets.

Collecting stem cells directly from the bone marrow is seldom used in South Africa, however if it is in the patient's best interest, the doctor might request a bone marrow stem cell collection.

Under general anaesthetic, doctors will take some bone marrow from your pelvis using a needle and syringe. You will probably feel tired and have a little bruising and pain in your lower back after donation. But this generally passes within a week or so.

Irrespective the procedure, once the cells are donated, they must be infused into the patient within 72 hours of the start of the collection. The cells are transported in a specialised, temperature controlled hamper by a trained person courier and delivered directly to the transplant centre.

RISKS & SIDE EFFECTS

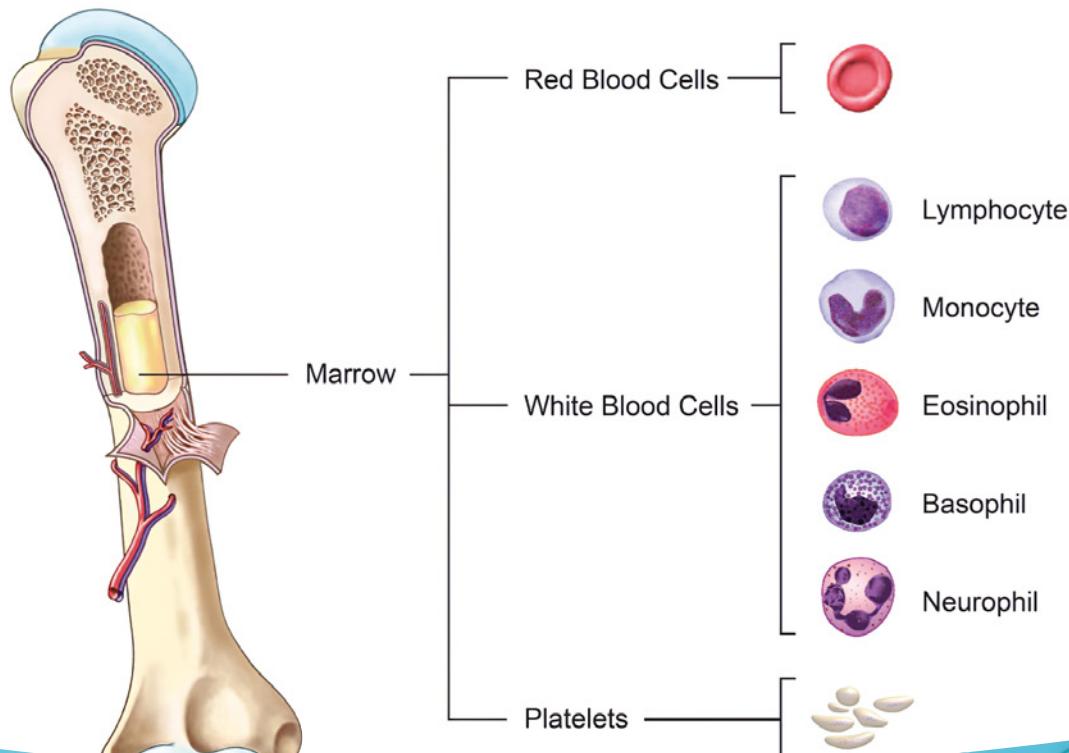
Studies following a large number of unrelated donors have shown that the risk of developing cancer within several years after use of the G-CSF (synthetic growth factor), is NOT increased compared to donors not receiving G-CSF (WMDA G-CSF Statement, 2017).

Possible side effects to receiving the G-CSF may include headache, bone pain and flu -like symptoms. Side effects during the donation may include a drop in platelet count (platelets are blood cells that allow for blood clotting). If you have a significant drop in platelet count, you may be asked to stay in hospital until your platelet count returns to normal.

EXAMPLES OF DISCOMFORT DURING THE DONATION PROCEDURE:

- Pain from needles being inserted into your body (similar to donating platelets).
- In some instances a tingling sensation caused by the anticoagulant (necessary to stop the donor's blood from clotting during passing through the machine).
- The collection usually takes place over two days for 4-6 hours per session. The attending specialist might request the donor to stay overnight for observation.
- Slight feeling of tiredness for two to three days following the procedure.

BONE MARROW



10:30

YOUR PRIVACY



YOUR PRIVACY

The SABMR Policy is to ask all patients and donors to keep information about the procedure confidential for three months. This means that patients and donors, or their family members, should not give any information about the timing and location of the procedure to newspapers, television stations or any other media including social media platforms.

The reason for the confidentiality is that SABMR does not want any assumptions made about the donor or patient since this would break the right to anonymity especially for the donor or patient.

However, should patients wish to write a Thank You letter to their donor, this is permitted and facilitated by SABMR.

DISCLAIMER

The contents of this brochure do not constitute medical advice. Anyone considering becoming a donor or needing medical advice prior to application should consult with his/her healthcare professional first.

It is important to note that the collection method still remains the donor's choice, but really depends on the patient's type of condition and health at the time.

SABMR Registration

Non - Profit Company

Public Benefit Organisation

Non - Profit Organisation

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“What the SABMR is here for is to save lives. That is the ultimate goal. If we give stem cells to a patient, it is often a life-saving intervention.” Dr Charlotte Ingram (SABMR CEO and Medical Director)

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www.sabmr.co.za



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<https://twitter.com/sabonemreg/>