

**RAFAEL,**  
a blood cancer survivor



## DONATING STEM CELLS.

If your tissue characteristics match with those of a patient, you will be called in for further testing and a detailed medical examination.

There are currently two ways of donating stem cells:



### 1. PERIPHERAL BLOOD STEM CELL DONATION

Peripheral blood stem cell donation is the most common method of collecting stem cells and is currently used in 90 percent of cases. Cells are taken from the blood by a special procedure called 'apheresis'. This involves placing a catheter – like the ones used for giving blood – into a large vein in each arm. During the five days before the procedure, you will be given injections of the G-SCF growth factor, a naturally occurring hormone-like substance that increases the production and release of stem cells into the bloodstream, which may cause flu-like symptoms. The actual stem cell collection from the peripheral blood takes between three and five hours. On rare occasions, donors may be asked to provide cells the next day too. It is an out-patient procedure, so you will not need to stay in hospital. There is no evidence to date of any long-term side effects.



### 2. BONE MARROW DONATION

Bone marrow is donated under full anesthetic, with about 1 liter of blood and marrow being removed from the iliac crest. This is the equivalent of around 5 percent of your entire bone marrow and will be fully regenerated within a few weeks. Bone marrow extraction is a low-risk procedure overall, but on rare occasions donors may be prone to infection or suffer some bruising. In addition, it may take time for the wound to heal.

## QUESTIONS?

[Find out more at dkms.de](https://www.dkms.de)

## BECOME A STEM CELL DONOR.

Request your registration set at [dkms.de](https://www.dkms.de) today. Swabbing the inside of your mouth to collect a few cells takes just a few minutes and you can do it in the comfort of your own home.

## WE DELETE BLOOD CANCER DKMS AT A GLANCE.

- DKMS is a non-profit organization established on May 28, 1991. Beginning as a private initiative, it was founded in memory of the blood cancer patient Mechtild Harf.
- Within a few years, DKMS had grown into the world's largest network of donor databases. We currently have over 11 million registered donors.
- Each day, at least 21 DKMS donors donate stem cells for blood cancer patients around the world.
- DKMS is a full subsidiary of the DKMS Foundation for Giving Life, which works to educate blood cancer patients and support self-help groups.

### DKMS

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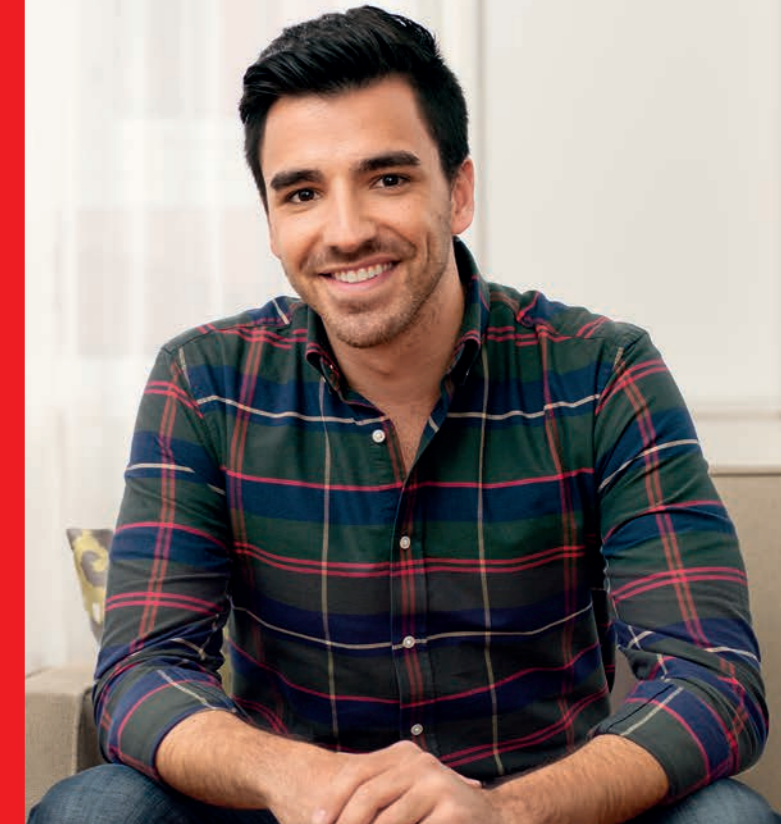
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# DKMSx

WE DELETE BLOOD CANCER



## THE BEST CURE FOR BLOOD CANCER IS YOU.

INFORMATION ON  
DONATING STEM CELLS.

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As a registered blood stem cell donor with DKMS, you could be lucky enough to make a life-saving donation to a blood cancer patient. There are over 11 million volunteer donors registered with DKMS, making it the largest international network of donor centers, and it is with their amazing support that DKMS has enabled more than 100.000 blood stem cell donations to give patients all around the world, a second chance at life. However, there are still tens of thousands of patients around the world who still cannot find a matching donor. That's why we need you!

### **FIGHTING BLOOD CANCER TOGETHER.**

Every 12 minutes, someone in Germany is diagnosed with blood cancer. It is an illness that can affect anybody, irrespective of their age, but it is also one we can all help to fight. For a blood cancer patient, a blood stem cell donation offers a real chance of survival. However, the problem is that for a transplant to succeed, the tissue characteristics of the donor and patient must be virtually identical. That is why it is so important to find a matching donor. Therefore, the more donors we have the greater the chances of at least one of them matching with a patient.

### **ANYONE CAN HELP.**

Anyone between 17 and 55 years of age and in general good health can register as a potential stem cell donor. Your tissue characteristics will be determined with the help of a few cells gathered from the inside of your cheek by a buccal swab. Then, with your written consent, you can join DKMS straightaway. With a bit of luck, you too can give a blood cancer patient a second chance at life.

The idea of saving a life in this way is so fascinating that entire families, companies, and clubs as well as a whole string of celebrities have signed up in support – and more and more people are doing it every single day.

“Saving someone’s life is so easy.”

FRIEDERIKE, blood stem cell donor



### **WE NEED YOU.**

When it comes to donating stem cells for a transplant, matching tissue (HLA) characteristics are vital. HLA characteristics occur in many thousands of different combinations, some of them extremely rare. So, somewhere out there, there could be a blood cancer patient whose only chance of survival is you.

If you think about it, there's really only one thing you can do: register! That way, blood cancer won't stand a chance!

DKMS regularly organizes public donor drives across Germany to recruit new people for its register. Find out more about upcoming events on our website. Alternatively, simply request a registration kit online. Swab the inside of your cheeks with the three swabs provided and register with DKMS at home.

### **DONATE MONEY. SAVE A LIFE.**

DKMS is also grateful for any financial support. Every donor costs us €40 to register, so by making a donation, you can help us to sign up new donors, provide therapies for patients around the world, and support research into the best blood cancer treatments.

### **THANK YOU FOR YOUR SUPPORT!**

#### **DONATE TO DKMS VIA OUR ACCOUNT AT**

[Kreissparkasse Tübingen](#)

[IBAN DE64 6415 0020 0000 2555 56](#)

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