



NATIONAL
MARROW
DONOR
PROGRAM®

BE THE ONE TO SAVE HER LIFE

Michelle is 26 years old.

Diagnosed with Acute Myeloid Leukemia in February 2007, Michelle underwent chemotherapy for seven months but relapsed in May 2008. **She now needs to find a bone marrow match to save her life.** You could be that person.



What you can do to help Michelle or others like her.

The first step in becoming a hero requires a cheek swab and ten minutes of your time. If you are a match, the transplant can often be done entirely through the blood. We have less than a month to find a match for Michelle. The outcome is simple -- someone lives because of your donation. You could be the one to save Michelle, or one of thousands of other people like her.

Your generosity knows no bounds.

We cannot express in words our immense appreciation for everyone that has registered. Team Michelle has been working around the clock organizing bone marrow drives around the country to find Michelle a match. With each person that registers, we are one step closer to saving the life of someone in need. From the bottom of our hearts, **THANK YOU.**

WWW.PROJECTMICHELLE.COM

Take **THREE SIMPLE STEPS** to get involved!

- 1) **Attend a drive to register** – Go to www.projectmichelle.com/drives.html, which is CONSTANTLY being updated with drives happening nationwide. Attend one in your area for ten minutes with a few buddies. (Must be between the ages of 18 – 60 to register.)
- 2) **Register from home** – Go to www.projectmichelle.com/kit.html and get a FREE home kit delivered to you! It can't get any easier – but please remember to mail it back **ASAP.**
- 3) **Spread the word** – Email friends and family with the above message to get them involved. Log onto your favorite networking sites and start typing away.

www.projectmichelle.com | www.marrows.org
Michelle needs your help. Be the one to save her life.

How to Become a Donor

Cells from your marrow or blood can help save a life

1) Join the National Registry

Complete a consent form and provide a swab of cheek cells for tissue typing. The registry is searchable by patients worldwide. Matching is based on genetic markers obtained from your cheek cells.



2) If you are a potential match,

You will receive a call if you are a potential match. Further testing determines whether you are a patient's perfect match. The donor decides whether or not to continue.



3) The donation methods

The patient's doctor decides which of these methods is best. Which procedure will happen depends on the patient's age, health status and doctor's evaluations of the donor.



Marrow Donation (30% of donations)

A small amount of marrow is collected from your hip bone using a needle and syringe. Anesthesia is used during this simple hospital procedure so you do not feel the extraction.

After the donation, you may be sore for a few days to a few weeks while you recover, but normal activity may be resumed the day after. Your marrow replenishes itself within a few weeks.

PBSC Donation (70% of donations)

Blood is drawn from your arm using a sterile needle and passes through a machine that separates out the blood cells. The remaining blood returns to your other arm.

Before you donate, you receive injections of Filgrastim for 5 days to increase the number of blood-forming cells in your bloodstream. You may experience flu-like symptoms for a few days before you donate because of the medication.

After the donation, your body normalizes the very next day as 99% of the Filgrastim is gone from your body.

Committed Donors Can Save Lives