

# 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 or “The Registry”) 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 Caucasian 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

0.5% ABORIGINAL

0.6% MIDDLE EASTERN

0.7% UNKNOWN

1.3% MIXED

1.8% JEWISH

2.3% ASIAN

3.3% AFRICAN

3.8% SOUTH EUROPEAN

4.9% PACIFIC ISLANDER

80.8% NORTH CAUCASIAN

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UR the Cure Inc 2015

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In partnership with the ABMDR and  
Strength to Give



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## HOW TO JOIN THE AUSTRALIAN BONE MARROW DONOR REGISTRY

Joining is easy & free - simply swab your cheek & your saliva sample will be tested & added to The Registry!

**1. Order your cheek swab kit online:**  
[www.urthecure.com.au/swab](http://www.urthecure.com.au/swab)



**2. Once your kit arrives in the mail, swab your cheek.** Fill in the forms and mail it back to The Registry.

### We need people to join who are:

- Aged between 18 to 30 (up to 45 is OK)
- Have a culturally diverse background
- Males are ideal (any background is OK)
- Females with a culturally diverse background

Learn more about why these characteristics make the best donors by visiting the website

## 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 blood cancers is in YOUR body!**  
You just need to join The Registry to be searched and matched with a patient in need!

[www.urthecure.com.au](http://www.urthecure.com.au)  
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