

# Zara has a blood cancer but you could save her life!

Join us on 12<sup>th</sup> March to register for Zara and others.



## Meet thirteen year old Zara

Zara is funny, kind and generous. She has an infectious smile, a great laugh and always looks at the positives in life.

## Zara has a blood cancer

In 2014 Zara was diagnosed with Leukaemia, she went into remission last year but unfortunately the disease has returned.

## And she needs YOUR help

Zara needs an urgent blood stem cell donation from someone with the same tissue-type as her. Please join us on 12<sup>th</sup> March to register as a potential blood stem cell donor.

## Register as a blood stem cell donor and you

**could save a life.** To find out if you are a matching donor for Zara, or someone just like her, all it takes is a simple swab of the inside of your cheek and 15 minutes of your time. If you are in general good health, between the ages of 18-55 you can become a potential blood stem cell donor and pre-registration is possible from the age of 17. We're not stopping until we find a matching donor for every person in need.

## **JOIN US ON SATURDAY 12<sup>TH</sup> MARCH**

### **Between 10am-4pm**

St Peters R C Church  
29 Jewry Street  
Winchester  
SO23 8BW

## **Register. Swab. Save a Life.**

Facebook: [www.facebook.com/deletebloodcanceruk](http://www.facebook.com/deletebloodcanceruk)

Twitter: @DeleteBC

## Can you join the register?

Any healthy adult living in the UK, between the ages of 18-55 can become a potential blood stem cell donor and pre-registration is possible from the age of 17. If you meet these requirements, you can complete a registration form and swab the inside of your cheeks to collect cells to be sent off for analysis. Your HLA characteristics will be listed anonymously on the UK register. You will then be available to have the opportunity to be a life saving donor for any person in need until your 61st birthday.

### Important Exclusion Criteria:

- Heart disease (e.g., previous heart attack, coronary heart disease)
- Lung diseases (i.e. severe bronchial asthma)
- Diseases of the haematopoietic system
- Severe kidney diseases
- Thrombosis
- Severe illnesses of the central nervous system
- Cancer
- HIV or Aids
- Metabolic diseases (e.g. diabetes)
- Autoimmune conditions (e.g. rheumatism)
- Severe infectious diseases (e.g. infectious jaundice, chronic hepatitis B and C)
- Weight under 7 stone 12 lbs/50 kg
- Obesity (i.e. body mass index (BMI) > 40)

## Two ways to donate stem cells

### 1. Collection of peripheral stem cells

Stem cells are collected via the blood stream. To activate and increase the number of stem cells, for four consecutive days prior to the stem cell collection, donors receive a daily injection of a colony-stimulating factor (G-CSF) to stimulate cell production. On the day of donation, the donor's blood is collected from one arm and passed through a machine that separates out the blood stem cells (apheresis). The blood is then returned to the donor through the other arm.

This is a non-surgical outpatient procedure that takes around four hours. 90% of donations are carried out using this method.

### 2. Collection of bone marrow

Marrow cells are collected from the back side of the pelvic bone (not the spine). Donors are given a general anaesthetic so no pain is experienced during the marrow extraction.

This is a 1-2 hour medical procedure. Some donors experience some short term pain, bruising and stiffness after the procedure. Within a week of donating, most donors are able to return to work or college and resume their usual activities. This method of donation is used less often.

→ **About us:** Our key aim is to work towards finding a potential donor for every person who needs one.

Delete Blood Cancer UK is part of the DKMS family of organisations worldwide. DKMS was founded in Germany by Dr. Peter Harf and Prof. Gerhard Ehninger in 1991 in honour of Harf's wife Mechtild, who sadly lost her battle with blood cancer. DKMS has grown to become the world's largest bone marrow centre giving 15 patients each day a second chance of life.

### Can't attend? You can still help

Registering one potential blood stem cell donor costs £40. We appreciate it when our potential donors cover some or all of the costs of their own registration, but it's not compulsory. As we are a charity we need monetary donations to further expand the Delete Blood Cancer UK donor database. The full amount of your financial contribution is used to register new potential donors.

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