

Confidentiality

Your tissue type, age, sex, and ethnicity will be entered onto a national database with a unique identifying code. This code and appropriate genetic and medical details are the only details released to affiliated transplant centres in NZ and worldwide.

Your personal details will not be given to anyone outside NZBMDR without your consent.

When you join the stem cell registry you join over 36 million other potential donors on worldwide registries which includes NZBMDR. A large number of donors are required to be available for the thousands of patients who need a blood or bone marrow stem cell transplant to help save their lives. NZBMDR will only contact you in the future if you are identified as a potential match for a patient.

If you are willing to donate your blood stem cells for this patient, a blood sample will be taken to confirm the match. A medical screening will be performed.

The stem cells, when collected, are then delivered straight to the patient in need by a special courier.

As long as you remain healthy, you will stay on the registry until your 61st birthday!

Can I change my mind?

If you are contacted as a potential donor, you may need to decline for reasons such as poor health, family or work commitments. However, once you agree to donate, there is a point of no return for the patient. About a week before the transplant, the patient has chemotherapy and/or radiotherapy to destroy their diseased bone marrow. This treatment is fatal unless healthy bone marrow stem cells are transfused. At this time you have a moral obligation to proceed.

Is there any cost to me?

The main cost to you will be some of your time. NZBMDR will cover expenses related to the stem cell donation, including medical, transport and accommodation for you and a support person.



For further information please visit
www.bonemarrow.org.nz

or contact us

Phone: 0800 800 256 or (09) 523 5756

Mobile: 0274 588 661

Postal address: PO Box 74336, Auckland 1546

Email: nzbmdr@anzblood.co.nz



SWAB YOUR CHEEK

You could be the match
that saves a life

Volunteer for the NZ Bone Marrow Donor Registry.

It could mean the difference between life & death to someone needing a bone marrow transplant



Each year, many people are diagnosed with leukaemia or other serious blood disorders.

Often a bone marrow transplant is the only hope for a cure.



The New Zealand Bone Marrow Donor Registry (NZBMDR) is part of a worldwide network of people who have volunteered to donate cells from their bone marrow.

Bone marrow donation does not involve donating your actual bone but the collection of the stem cells which grow inside the bone.

NZBMDR are currently recruiting males:

- Aged between 18 and 35 years
- In good general health
- Free of infectious diseases such as HTLV, HIV/AIDS or hepatitis B and C
- Free of health issues including cancer, blood diseases, insulin-dependent diabetes,
- Willing to donate to any patient anywhere in the world

Finding a matching blood stem cell donor can be difficult as matches are determined by HLA typing (tissue typing). There are thousands of different HLA characteristics, and millions of combinations.

European patients have access to millions of European donors on worldwide registries, compared to a few thousand potential donors for Māori and Pacific Islanders. Other NZ ethnic groups are also not well represented.

For this reason, we are actively recruiting people of Māori and Pacific Island ancestry as well as people from other NZ ethnic minority groups or donors who have parents from different ethnicities.

How do you test my tissue type?

You will be given 4 swabs which you rub against the inside of your cheek.

The swabs are given a unique identification number and sent to a specialist lab to be tissue typed. Your HLA Tissue type will be supplied to us and entered onto our database.

You may never be called upon, but if you are, that's when you will have the opportunity to give someone else a second chance of life by donating some of your blood stem cells in one of two ways.

1. Peripheral Blood Stem Cell (PBSC) donation

PBSC collection, used in 90% of blood stem cell donations, looks similar to blood donation. However, the aim of this procedure is to collect bone marrow stem cells that are circulating in your bloodstream. To increase the number of stem cells in your blood, a hormone-like substance called G-CSF is injected under the skin daily for four days prior to the procedure.

Blood, collected from a vein in your arm (similar to blood donation), then passes into a cell separator machine which removes the stem cells. The rest of your blood is immediately returned to your body. This non-surgical procedure takes about three to four hours.

What are the risks for me?

G-CSF is usually well tolerated, although the injections may cause some bone pain or a headache, which usually responds to paracetamol. G-CSF has been used in patients and donors for many years.

The long term effects of short treatments in normal donors appear to be safe.

2. Stem cell collection from Pelvic hip bone

Stem cells from bone marrow can also be collected from the pelvic hip bones using a needle and syringe under a general anaesthetic. The procedure can take up to two hours. Recovery time varies but donors are usually able to go home the next day and resume normal activities after two or three days. Bone marrow regrows rapidly to replace the donated cells.

What are the risks for me?

The risks of collecting stem cells from the pelvic hip bone are the same as the risks associated with a general anaesthetic. To minimise the chance of any risk you will undergo a very careful screening process including a chest X-ray and a heart ECG. The chance of a serious complication in a healthy person is very low but some people experience nausea, bruising and/or local pain and discomfort for several days.