


REACH OUT...
AND MAKE A DIFFERENCE

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aclt
Promoting
bone marrow &
blood donation



For the many sufferers of Leukaemia and other blood related cancers, a bone marrow transplant may offer the only chance of survival. Sadly, there is a worldwide shortage of bone marrow donors, especially amongst ethnic minority groups. You can help change this by reaching out and registering as a bone marrow donor.

It only takes 30 minutes to register. A small sample of blood will be taken at our clinic and you will be registered on a worldwide database of donors. If a match is found it might be you who can save a life.

The procedure costs nothing to you, takes little time and your own marrow is regenerated in just a few weeks.

REACH OUT...TO THE COMMUNITY

If you are like most people, you will have a few basic questions about what it means to get tested. It's natural to be unsure and perhaps a bit apprehensive.

What exactly is a bone marrow transplant?

Simply it is the replacement of diseased marrow with marrow from a healthy donor. It is infused into the patient's vein just like a blood transfusion. Within 2-3 weeks, the marrow begins to produce normal blood cells in the patient.

What is the blood test process to register (to see if I'm a match?)

To get tested, you will provide a small sample of blood (about a spoonful) at our clinic. Your blood will then be HLA typed. This information will be stored in a registry.

That way, if a match comes up with a patient in need down the road, the registry will be able to contact you.

How do I know if I'm a match?

If you are found to be a possible match with a patient, you will be contacted immediately and given the option of proceeding to the next level of testing to ensure final compatibility.

What are the chances of finding a compatible donor?

Chances are highest within the same ethnic group, but even then it's about 1 in 100,000. That's why we need everyone to come forward. It might only be you that could save someone's life.

Can I be a donor?

Yes you can be a donor as long as you are in generally good health, between 18-49 years of age (remaining on the register until your 60th birthday).

REACH OUT...AND GIVE BLOOD

Every minute of the day someone somewhere needs blood. They might need blood to help them fight serious diseases like cancer. That's why we need you to give blood up to three times a year if you can.

Can I be a blood donor?

As a rule as long as you are in good health and fall between the ages of 17 and 65 you can become a regular blood donor. Even if there are health reasons why you can't actually give blood, you can still help do something amazing by encouraging your family and friends to donate.

More people of all Ethnic Minority descent need to step forward as blood donors and help meet the needs of patients from these backgrounds.

REACH OUT...AND DONATE

There are many other ways that you can help us save lives. The ACLT is an independent charity that relies on financial and other voluntary support from the general public.

Without those funds the charity could not carry on its lifesaving work.

A direct debit donation of just £3 per month can help to make effective change and is of great benefit towards our work.

Or **text ACLT to 84424 to make a £3 donation**

'CHANGE A LIFE TO SAVE A LIFE.'

For further information about Direct Donations, Fundraising etc. please call **020 8240 4480** or visit our website **www.aclt.org**

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'To be a hero you have to do something so amazing in the face of adversity'