

(the cover)

Enroll Yourself in the Marrow Bank!
CHANCE: A Guide to the Donor Registration
The Ministry of Health, Labor and Welfare
The Bone Marrow Transplant Promotion Foundation
The Japanese Red Cross Society

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‘Widening a Living Chance by Goodwill’ — the Mission of the Bone Marrow Bank.

A basic idea of the Bone Marrow Bank is to save the patients with intractable disease of blood such as the leukemia by the healthy marrow which had been offered in favor with the donor widely, besides, fairly.

As for the registrants of the donor, no compulsion is considered to be it, and it is offered necessary information entirely. And, by the business of the Bone Marrow Bank, the healthy condition and security are given to the donor with first priority above all.

We hope you understand the Bone Marrow Bank by this pamphlet, and are so happy that many people register a donor and, besides, if they have it to be a real donor.

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Give a Chance of Getting Bone Marrow Transplant All Patients in Hopes of It

A figure of the Bone Marrow Bank system

Taking the national initiative with the Ministry of Health, Labor and Welfare, the Bone Marrow Transplant Promotion Foundation becomes the subject, and the Bone Marrow Bank business is a public project performed in cooperation with the Japanese Red Cross Society and local self-government bodies.

With the setting of the Bone Marrow Transplant Promotion Foundation promoting the Bone Marrow Bank business, the Japanese Red Cross Society installs the Bone Marrow Datacenter while all the prefectures, the cities designated by ordinance, heartland kernel cities and special wards in the prefectures establish an each role as a window at the public health centers and take the cooperation system.

(Illustration) Donor / People / Patients / Medical Facilities / The Bone Marrow Transplant Promotion Foundation / National / Local Governments / The Japanese Red Cross Society · Bone Marrow Datacenter · Some Public Health Centers / Registration to the Marrow Bank / Leukemia, Aplastic Anemia and Others / Admission into a Hospital / HLA Inspection / Update / Diffusing and Education / Coordinate (connect and adjustment) / Registration Receptionist for the Patients / Search Request and the Choice of the Donor

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Regarding the Tasks of the Marrow Bank
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The role of each organization taking the Bone Marrow Bank business

The main role of the Bone Marrow Transplant Promotion Foundation

- * Spread enlightenment and public information for the donor recruitment.
- * The registration receptionist of a patient needing bone marrow transplant
- * The communication adjustment to a bone marrow offer
- * Compensation to the bone marrow donor if the healthy damage occurred at the time of bone marrow collection by any chance

(The Japanese Red Cross Society) / Main roles of the Bone Marrow Datacenter

- * Donor registration procedure and blood-drawing in the HLA type inspection
- * Enforcement of the HLA type inspection
- * Management for the personal information of the donor registrant
- * The HLA data search and its result report based on the request from the Bone Marrow Transplant Promotion Foundation

The main role of the public health center (in the prefectures, government ordinance cities, core cities and special wards)

- * Spread enlightenment and public information for the donor recruitment
- * Donor registration procedure, blood-drawing for the HLA type inspection

Please understand the meaning of "a donor" written down for the above role as "a marrow offer applicant," but not the marrow donor.

Registration to the Bone Marrow Datacenter

Your inspection information and personal information are registered with the Bone Marrow Clearing House. At the datacenter, the inspection information (the HLA type test result) and personal information (the entry contents of the registration application) are kept separately and the privacy becomes the system protected severely.

(chart) Receptionist place : registration procedure (application receptionist, drawing blood), Bone Marrow Datacenter HLA type inspection (management of the inspection information data registration (personal information management) conformity search request/offer for registration information / The Bone Marrow Transplant Promotion Foundation coordinate start

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On the Handling of the Registration Information

The sending of the registration confirmation

If the registration procedure to the Bone Marrow Datacenter is completed, "the

registration confirmation note” will be sent from the center to reaffirm the person’s address and the registration doctor. Please confirm your name and address written in the registration confirmation, and ask the datacenter concerned for communication if there is deficiency by any chance. When there was a change in the name and address, please contact the Bone Marrow Datacenter immediately. We send "a change confirmation" later.

If the name and address changes, please inform the Bone Marrow Datacenter about this matter by all means. If there is not the change of the address, you are not told about an adapted thing with patient. We ask you for the procedure of the address change by either of the following methods.

* Please contact it to the Bone Marrow Datacenter of the metropolis and districts registered with.

* Please fill out the change report enclosed by the Bone Marrow Bank News sent twice a year, and please mail or fax it.

* When there is not the communication of the address change, and the Bone Marrow Bank News was sent back, we will do it with your new address unknown reservation. The reservation is to be removed at the stage that had communication of the new address later.

* You are able to change it on the homepage of the Central Bone Marrow Datacenter. <http://www.bmdc.jrc.or.jp/>

The handling of the registration information

The Bone Marrow Datacenter will observe the personal information protection law and manage the inspection information and the personal information of registered people severely. The registered HLA type of the donor will be searched for conformity to the registered HLA type. When your HLA type meets it with the HLA type of the patient after the registration and became a marrow offering candidate, the Bone Marrow Datacenter receives the request of the Bone Marrow Transplant Promotion Foundation and offers your registration information to the Bone Marrow Transplant Promotion Foundation. In addition, we will use the personal information on the name and address in the case of the sending of the news (the bank news and others) from the Bone Marrow Bank. We cannot use personal information other than these purposes.

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The Basic Knowledge about the Bone Marrow Transplant

With "the Bone Marrow"

The bone marrow is the sponge-shaped tissue being inside the hard bone. The bone marrow is filled with marrow liquid, and a blood making stem cell to become with the hemocyte, such as a red blood cell, a white blood corpuscle, the blood platelet and others, is included there.

The bone marrow (for the illustration)

What is the bone marrow transplant?

When the normal blood-making was not performed by the reasons such as diseases, it is the bone marrow transplant to cure a disease fundamentally (actually, with injecting bone marrow liquid from a vein), replacing the marrow of the patient with the bone marrow offered by a healthy person (a donor). In other words, it is the transplant of bone marrow liquid but not the transplant of a bone and the internal organs. It does not mean that the big nervous system stabs a certain spinal cord with a needle.

The main diseases that make bone marrow transplant as the treatment subject

Leukemia.....The disease that only the hemocyte which became cancer increases, and clean blood is not made with the abnormality of the cell to prepare the blood into.

Aplastic anemia.....The function of the cell to prepare the blood into deteriorates, and a blood ingredient gets extremely little it sick.

In addition, there are bone marrow variant syndrome, malignant lymphoma, congenital immune deficiency disorder, metabolism abnormality and others.

The treatment results of the main disease

(Five years having sound health survival rate)

* By the 2005 count report of the bone marrow transplant between the non-blood relatives through the Japanese Bone Marrow Bank

Acute myelogenous leukemia: the remission term 60% ~ 40%, the non-remission term 15%

Acute lymphoblastic leukemia: the remission term 57% ~ 23%, the non-remission term 16%.

Chronic myelogenous leukemia: the chronic period 55% ~ 38%, the shift period 39%, the acute transformation period

Acute aplastic anemia: 0-9 years old 90% ~ 64%, 20-49 years old 60 ~ 28%.

By the age and the condition of the disease, the treatment results of the marrow transplant are different.

* The remission term and the chronic period :The state that most of the leukaemic cells were not caught in by treatment

*The shifting period :The period when a leukaemic cell began increase slowly

* The acute turning point :the time when leukaemic cells increased rapidly and were in a condition of the acute leukemia

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What is the HLA? — The Main Points of the Bone Marrow Transplant

A white blood corpuscle has a model so that a red blood cell has a blood type of A, B, O and AB. This model called HLA type is the abbreviation of the Homo sapiens white blood corpuscle antigen (Human Leukocyte Antigen), and there are not tens of thousands of cases for the combination. Among the HLA types, the conformity of three seats of A-seat, B-seat and the DR seat (two antigens in one seat, six antigens in total) are necessary as a general rule to save it for marrow transplant. As for the bone marrow transplant, the success rate lowers by the complications and others such as the rejection unless this HLA type accords.

A model of various HLA types

A-seat : A1 A2 A210(2) A3 ··· A74(19) A80 B-seat : B5 B7 B703(7) B8 ··· B3901 B3902 B40 B41 B42(12) B44(12) ··· B78 B81 C-seat : Cw1 Cw2 Cw3 Cw4 ··· Cw9(w3) Cw10(w3) DR-seat : DR1 DR103 DR2 DR3 ··· DR52 DR53 DQ-seat : DQ1 DQ2 DQ3 DQ4 ··· DQ9(3) DP : DPw1 DPw2 DPw3 DPw4 DPw5 DPw6

As for the HLA type for children, four ways are thought about.

Father : (a) A24 - B52 - DR2 (b) A33 - B44 - DR13 Mother : (c) A2 - B46 - DR 8 (d) A11 - B62 - DR4, Child 1 : (a) (c) Child 2 : (a) (d) Child 3 : (b) (c) Child 4 : (b) (d)

The HLA type agrees on a quarter of probability between the brothers and sisters to inherit the type of each seat from their parent half-and-half hereditarily. However, the HLA type is rarely able to fit in with the parents and children, and agrees on only the probability from several hundreds to tens of thousands among the non-blood relatives (unrelated persons). For that reason, the Bone Marrow Bank is necessary for gathering donors from the public widely.

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The Bone Marrow Transplant is a Big Hope for the Patients.

Getting over painful and hard pre-treatment

The patient begins preparations before about 2 weeks of the bone marrow transplant and takes the dosage of the anticancer agent and the emission of radioactive rays (pre-treatment). The blood making stem cell is got out of order, and the blood is not made. The patient will wrestle with life-threatening treatment while bearing the side

effects such as intense nausea or the falling-out hair of the whole body.

And to the bone marrow transplant:

On the transplant day, the marrow liquid extracted by a donor is injected through a vein of the patient for several hours by intravenous feeding, in the same way as a normal blood transfusion.

From the recovery of blood-making function to the comeback to normal life

The patient keeps quiet for rest while being careful to the infectious diseases and others in a aseptic room (the room which sterilized sterility). When a blood making stem cell transplanted before long begins to act and comes to make normal blood, the patient moves to a general ward. Therefore the patient leaves the hospital if he/she is in good passing and can come back to my normal life.

(chart) A blood making function of the patient A blood making function of the patient
The blood making cell of the donor origin Pre-treatment Bone Marrow transplant
Progress of the treatment

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Ultramodern Medical Cares Respond to the Donor's Goodwill

The bone marrow collection from the hipbone

The bone marrow liquid is gathered with a syringe by a big bone named ilium (the bone of the waist) forming a pelvis. In the state of becoming the face down on the bed at the operating room, the patient is stabbed exclusive needles to absorb it through the skin, on the back side of the pelvis and the ilium a little under the belt position with several places (dozens of the places right and left on the ilium). The quantity to gather is usually 500-1000mL, and the collection charges are fixed depending on the weight of the patient. Many of the bone marrow collection are performed under the general anesthesia, and it takes 1 hour to 3 hours in the time required.

Progress after the collection :

The donors usually leave the hospital after an offer in two or three days, and a lot of the donors can return to everyday life immediately. After the donor leaves the hospital, the coordinator continues following up the state of health on the telephone. By the bone marrow collection, the following symptoms can come out, but usually recover immediately.

The pain.....There is the thing that the collection point (the collection wound) aches after having come out of the anesthesia. The degree has individual difference, and there is the example which a lot of examples left for one to seven days were rarely left more than one month.

Many symptoms such as the fever.....After the collection, the fever of 37-38 degrees, the pain of the throat, nausea and the symptom such as the tiredness of the whole body can come out. The donor is usually jaunty in one or two days.

After the collection.....A trace of some needles is left to the skin, depending on the donor's physical constitution. The trace of the needle usually disappears in three to six months.

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Donor Registration with 2mL Blood is a Volunteer of the Life.

The patients needing the boned marrow transplant in Japan is around 2,000 people at least every year. More donors with the registration are necessary to save many patients. The registration to the Bone Marrow Bank gets off with about 2mL drawing blood. Your registration becomes the big hope for the patients waiting for a donor.

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A Flow of the Donor Registration

The person, in hoping for the donor registration, needs to read this pamphlet well. You are asked for a signature in the papers, when you want to make entry of the matter necessary for "a Bone Marrow Bank donor registration application" after understanding it. Please bring "a registration application" with you in the registration windows such as the Red Cross Bone Marrow Center or the public health center nearby or the donor registration society performed nationwide in each place. You can download the registration application from the homepage of the Bone Marrow Bank. In addition, it is prepared for in the registration window. The donor registration is free of charge. Please refer to the list written on and after the page 20 for the national registration windows. Look at the homepage of the Bone Marrow Bank for more information about the Donor Registration Society. <http://www.jmdp.or.jp/>.

→It is about 15 minutes in time to need it for registration. The donor registration procedure is taken at the window. * There is a case to have you wait at the time of the congestion.

You are drawn blood from the vein of the arm with about 2mL and examined the HLA type (the model of the white blood corpuscle). * The inspection is not taken effect to confirm the blood types (A, B, O and AB type), the infectious disease and the state of health.

* The collected blood is inspected for the gene (DNA) to examine the HLA type. The genetic test except the HLA type is out of the performance.

* The HLA type is not on the teaching

* The blood for inspection (blood and DNA samples) is abolished after the necessary inspection ends. But some DNA samples are used to evaluate the quality maintenance of the HLA inspection and the reagent to use for the HLA inspection, after the personal identification is put out of the question. But the DNA sample concerned is thrown away after the use for longest three years.

* Make out the HLA type by reading the exposition on Page 7.

The Bone Marrow Datacenter of the Japanese Red Cross Society will send a donor registration confirmation later. The HLA type of the donor registered itself is put a conformity search with the HLA type of the patient regularly.

* The search of the patient is performed on the request through the Bone Marrow Transplant Promotion Foundation by the overseas bone marrow banks.

* The Japan Bone Marrow Bank goes hand in hand with the bone marrow banks of the United States of America, Korea, Taiwan and China, and takes part in the BMDW (the World Bone Marrow Bank donor data count system) which various countries are in the participation through the world.

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Your Goodwill Touches the Patient's Heart

The flow to a marrow offer

1 : The conformity search for the HLA type data

The HLA type (a model of the white blood corpuscle) of the donor registrant is registered with a computer and is regularly used for the conformity search with the HLA type of the patient.

* The search is performed for the donors from 20 years old to 54 years old.

2 : If you become a donor candidate

When you are in conformity with the patient, the Bone Marrow Transplant Promotion Foundation will tell you that you have been chosen as a donor candidate. Please reply the questionnaire about the intention of the person himself and the intention of the family, a state of health or the schedule. In addition, there is a case that we cannot offer the information due to the state of health at that time.

3 : The coordinate and confirmation inspection

The coordinator adjusts the communication with the donor candidate and sets up the schedule of the confirmation inspection. By the confirmation inspection, the coordinator has an interview with the donor and performs detailed explanation about the offer, and the doctor diagnoses it by asking questions with medical explanation. In case of no

change in the intention of the offering, the donor's blood is drawn to confirm the state of health.

4 : Important promise is a last agreement

When you are chosen as a donor, the coordinator and the doctor confirms your final offer intention as the donor candidate and the family under the observer attendance (the last agreement).

Your signature written in the last agreement keeps an important promise. After handing in the last written consent, you are not able to retract the offer intention as it concerns the life of the patient. After the agreement, the offer day and the hospital are to be adjusted.

5 : The medical examination

About one month of the marrow offer ago, a detailed medical examination by the doctor is performed at the collection hospital (authorized by the Bone Marrow Transplant Promotion Foundation), and the hospital prepares for safe collection.

6 : Drawing blood for the transfusions of self-blood

The donor gives a transfusion of his/her blood at the time of the marrow offer to reduce anemia with the bone marrow offer. This blood named 'self-blood' is collected to save if it is necessary one to three weeks ago of the offering day.

7 : Hospitalization necessary for the bone marrow offering

The blood donor will be hospitalized usually for around three to five days. The donor is hospitalized on the day or the day before last before of an offering and receives healthy checks and the explanation. On the occasion of hospitalization, the blood donor does not cost the expense.

8 : The gathered bone marrow to the patients

The marrow collection is mostly performed under the general anesthesia on that day. The gathered bone marrow liquid is carried to the hospital which the patient waits for on the day and it is transplanted.

* Please refer to Page 9 for the method of the marrow collection.

9 : After an offer, you leave the hospital in two or three days

The blood donor leaves the hospital on the two days after the offer and can usually return to everyday life. After the bone marrow liquid decreases temporarily by the collection, it is restored in approximately one month. After the donor leaves the hospital, the coordinators confirm a state of health on the telephone regularly. In addition, they perform a medical examination in two or three weeks later and follow up the state of health of the donor until his/her physical condition is restored.

About the Safety of the Bone Marrow Offering

The top priority is given to the security of the donor under the bone marrow offering, but there are some examples that the health damage has been caused to the donor in the past. In all cases, the donor recovers by the treatment and returns to the normal life. The Bone Marrow Transplant Promotion Foundation calls for severe attention for the collection institutions through the country and acts for the prevention of recurrence of such an example.

The compensation system as the healthy damage happens

If the healthy damage should happen by any chance in case of the bone marrow offering, a highest sum of 100 million yen is ready to pay through the compensation system. A total amount of 100 million yen is compensated uniformly in the event of the donor's death while a sum of 3 million yen to 100 million yen is paid to the donor by the degree of the sequela. The Bone Marrow Bank has carried out the bone marrow collection more than 7,000 examples from the first example enforcement to the end of March, 2006 of 1993. Among these examples, the medical insurance for the hospitalization or going to the hospital are applied to about 60 cases.

Examples of the Past Big Health Damages

An example developed acute hepatitis C after the marrow offering (March, 1998)

As a result of investigation, the donor might have been infected, according to the report, with the acute hepatitis C during the hospitalization for the bone marrow offers. The example that a back peritonium hematoma was taken after the bone marrow collection (September, 2000)

The donor appealed for a lower abdominal pain, and a hematoma was confirmed in the part of back peritonium. As the collection needle penetrated a bone and injured a blood vessel, it was pointed out the possibility that a mass internal hemorrhage was caused.

The example that lungs fat embolism was doubted (August, 2003)

It was admitted that the oxygen saturation density in the donor's blood fell after the end of blood collection. And, as a result of inspection, the fat embolism of lungs was doubted. The Bone Marrow Bank makes efforts for information disclosure to have people get right information about the safety of the marrow collection.

For further details, look at the home page of the Bone Marrow Bank

<http://www.jmdp.or.jp/>

The Japan Bone Marrow Bank has not the death example of the donor.

As for the donor death example, three cases (2 examples between blood relatives, one example between the non-blood relatives) are reported abroad while one example (between the blood relatives who do not go through the Bone Marrow Bank in 1990) is shown in Japan.

Even if it is a healthy donor, like a normal operation, the collection hospital pays maximum attention to have possibilities to deal with the emergency by the end of anesthesia just a little, and gathers bone marrow with its perfect preparations.

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A Questionnaire Result to the Bone Marrow Donor

The following table shows various results of such questionnaire, given back from the persons who have experienced the bone marrow offering, as the days depended on hospitalization, their frank impressions to the bone marrow offering and the rest. When you examine the donor registration, please take this result into account by all means.

(bar graph / left)

The number of hospitalization days for the marrow donors(the end of September, 2006):

6000 5000 4000 3000 2000 1000 0 515 5319 1256 418 91 142 : 3 days 4 days 5 days 6 days 7 days and more others :

Among 89 people who were hospitalized more than seven days, about 50 percent of them are brought there for reasons of the collection hospital. As for the remaining people of 50 percent, hospitalization was extended from a plan by reason of their health.

(bar graph / right)

4000 3500 3000 2500 2000 1500 1000 500 0 1 ~ 7 days 8~14 days 15~21 days 22 ~ 29 days 30days and more :

The list indicates on what day the donors returned for normal life some days later, by setting the collection day for. As an aim about the everyday life after the marrow collection, please think about the registration day.

(circle diagram)

The circular chart shows the questionnaire for the offer after three months (the number of the answers: 5071). Did you feel uneasy about the marrow offer?

(circle ratio) 52% 47% 1% There was not it at all. (47%) There were some uneasiness. (52%) There was uneasiness very much. (1%) Others / no answer

Do you feel a pain at the place that you gathered? (circle ratio)92% 8% I considerably feel a pain. There are some pains. (8%) There is not a pain. (92%) Others / no answer

About a marrow offer, did the family agree? 48% 23% 21% 7% 1% The family agrees from the beginning. (48%) The family agreed halfway. (23%) The family objected. (7%) The family can say neither. (21%) Others / no answer (1%)

What do you do for you if asked for an offer once again? 78% 19% 3% I offer it. (78%) I can say neither. (19%) I do not offer it. (3%) Others / no answer

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Please ask freely about your questions for the occasion of the donor registration.
 Toll-free call: 0120-445-445. . Other Q&A articles appear in the Marrow Bank homepage. <http://www.jmdp.or.jp/> Area Booking Collect Call Service(Other questions and answers are printed in the Bone Marrow Bank homepage. <http://www.jmdp.or.jp/>)

Q: Can the donor choose patients?

A: Because anyone performs it fairly entirely, as for the Bone Marrow Bank business, a donor cannot choose the patient.

Q: Can a donor meet with patients?

A: For fair administration and the mutual privacy protection of the Bone Marrow Bank, the meeting is not accepted. But you can take out a letter to twice after a marrow offer through the Bone Marrow Bank within one year if it is the range where an individual is not identified.

Q: Can you decline a marrow offering?

A: Donor registration and a marrow offering are things by free will of good will to the last. We have confirmation of the offer intention in the registration next at each stage and, meanwhile, can decline an offer. But, after a last agreement, the withdrawal of the intention is not possible. With the signature to the last written consent of the donor, the patient prepares for transplant and loses a function to make blood by chemotherapy and radiotherapy. The withdrawal of the intention at this stage becomes fatal for patient.

Q: Why is it that the agreement of the family is necessary for a bone marrow offering?

A: When a donor withdraws intention by the strong objection of the family just before a marrow offering, the patient falls into the fatal situation. The agreement of the family is necessary not to cause such worst situation. Please understand that it is consideration to the patient to obtain its consent beforehand. As for the last agreement interview, as for the single person, in your parents, the married one, the attendance of the spouse is a principle. When there is the case that a seatmate is not and/or unavoidable circumstances, after a coordinate start, please talk with a coordinator.

Q: Is donor registration possible after the whole pregnancy and delivery?

A: It does not cost inspection expense for marrow offering, the expense such as hospital

charges at all. But the transportation expenses by a thing of a donor registration procedure burden you by oneself.

Q: Is the donor registration possible after the whole pregnancy and delivery?

A: The donor registration is possible even if becoming pregnant, but, from the standpoint of health and the security of a donor (pregnant woman) and the fetus, there is not the marrow offering. You are possible if you pass after delivery in one year.

Q: The person, stayed in Europe for a certain period of time, seems not to be able to do blood donation, but will not there be the donor registration?

A: The donor registration is possible. For example, in the blood donation, it has you decline for one day in the case of a British stay. However, by the donor registration to the Bone Marrow Bank, such a limit was abolished in June, 2005.

Q: Is there the compensation for business suspension at the time of the offer?

A: There is not the compensation even if absent from work in the case of registration and an offer because it is a bone marrow offering based on good will. In addition, a certificate in desired is published because there are government offices and the place introducing "the bone marrow donor compassionate leave system" into partly in companies.

Q: Why is a genetic test necessary for the donor registration?

A: It is for examining the HLA type in detail, and the reason is because it improves the results of the bone marrow transplant. In addition, there cannot be the thing examining a gene domain except the HLA type. The blood for inspection (blood / DNA sample) is abolished after the end of the necessary inspection. Some DNA samples are used after it was impossible for them to have done personal identification, in order to evaluate the HLA inspection's quality maintenance and its chemical reagent used for the inspection. But the DNA samples concerned are to be annulled after the use for longest three years.

Q: Even if a donor registers himself or herself, is there it when a marrow offering is not possible?

A: Even if the person is in the health state at the time of donor registration, there is the case that a bone marrow offer is not accepted, owing to the health state on the stage that became the donor candidate with the health. In addition, when the registrant was judged so in a procedure after the inspection confirmation that the person cannot be offered so registered one as a donor in health, the donor coordinator in charge of the Bone Marrow Transplant Promotion Foundation will keep the registrant informed of cancellation by mutual agreement.

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Please Ask Easily for the Questions on the Occasion of the Donor Registration.
Toll-free call: 0120-445-445. Other Q&A articles appear in the Marrow Bank homepage.
<http://www.jmdp.or.jp/> Area Booking Collect Call Service (Other questions and answers
are printed in the Marrow Bank homepage. <http://www.jmdp.or.jp/>)

Q. When I fit in well with the patient, how do I communicate to the person?

A. "An explanation document" and "a question vote" are mailed the home from the Bone Marrow Transplant Promotion Foundation secretariat in charge of a donor coordinate when chosen as a donor candidate. A coordinator has a talk and performs detailed explanation about the marrow offering, and a doctor diagnoses it by asking questions with medical explanation afterwards. If the intention of the offer is unchanged, we carry out "confirmation inspection". Please talk about various things of being uneasy and questionable points with a coordinator or the Bone Marrow Transplant Promotion Foundation secretariat at this stage

Q. What are the ways for the cancellation of the donor registration and the reservation procedure?

A. The donor registration is able to cancel and reserve anytime. Please inform of it to the Bone Marrow Datacenter holding the register. You can file for the donor registration reservation, if you have us inform it, when you start for your new post to the foreign countries for a long term. After return home, please take the procedure of the reservation cancellation. In addition, please contact it about the registration reservation during the pregnancy and a child care period.

Q. When an address changed by moving, what would you do?

A. When your address changed after registration, please report your name, old and new addresses, phone number, sex and birth date to the local Bone Marrow Datacenter or the Central Marrow Datacenter by FAX or postcard by all means. In addition, you can change it from the homepage of the Central Marrow Datacenter. If there is not the communication of the address change, we cannot tell you about an adapted thing with patient. In addition, "a report of change" is enclosed by the Bone Marrow Bank News to send twice a year.

*The Central Marrow Datacenter homepage : <http://www.bmdc.jrc.or.jp> *The donor registration change receptionist FAX number : 03 - 5534 - 7520

Q. How does the registration situation turn out if I become 55 years old?

A. The registration will be canceled for the person who did not become the contrast automatically by a birthday of 55 years old.

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From the person who took bone marrow transplant and became cheerful

I want to convey joie de vivre towards the donor.

I suffered from a disease called the aplastic anemia at the age of 7 years old. Because I understood nothing about the disease, I spent everyday in the usual way that did not change, but there does not seem to have been it at that time unless I received marrow transplant to be saved. It is still an impression when I was freed from a postoperative germfree room to remember clearly. I felt big joy in a family being in the place touched by hand. I have gotten over the rejection, and I strongly live now. Though I may not describe it thoroughly towards the donor who gave me a living way, I would like to tell the words "thank you" for the happiness of living now.

Megumi Yamagishi, 23 years old

From a donor to the person who took marrow transplant and became healthy:

I want you always keep up your own hope.

It was an opportunity that I watched an advertisement of the Bone Marrow Center about 10 years ago, and I did donor registration. I was chosen as a donor candidate from the registration ten years later. Because a different big envelope, being different from the Bone Marrow Bank News, once came to me from the Bone Marrow Transplant Promotion Foundation, I felt as if my body was tightened there with the feeling word "it came at last". I did not feel uneasiness from the donor registration to the last agreement at all, and after leaving the hospital, I returned to everyday life immediately, too. I want to act assuming an offer if I was asked for an offer once again. I wish it on the reason because the patients of the blood intractable disease always hold to have their own hope.

Kenichi Yanagisawa, 39 years old

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Please Go Over Hoped for Donor Registration at the Following

* Please refer to the clerk at the window directly on the time and weekday for the reception. The donor registration meetings are held in each place through the nation as a chance of the registration except the regular windows. For further information, look at the homepage of the Marrow Bank. <http://www.jmdp.or.jp>

There is the window which accepts registration on Saturday, Sunday and the national holidays. Saturday Sunday Sunday and Saturday Sunday, Saturday and the national holidays Saturday and the national holidays Sunday and the national holidays. The number in the sign expresses the week.
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The first example: the receptionist window on first Sunday

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Please Cooperate with the Blood Donation

Patients always need the blood transfusion. By the marrow transplant in particular, the blood transfusions (supporting medical treatment) such as blood platelets are indispensable. The bone marrow transplantation for a patient makes ends meet by the cooperation of dozens of blood donors. Please cooperate with the blood donation in the case of donor registration and your daily life by all means. On the question and inquiry, please call on to the Area Booking Collect Call Service: 0120 - 445 - 445

(back cover)

One to Cut by Donor Registration

The bone marrow offering who understands the contents (this pamphlet) enough

The healthy person who is more than 18 years old or less than 54 years old

The person who is male with the weight of more than 45 kilograms, and/or female with the weight of more than 40 kilograms

The age for offering marrow is equal to or less than 55 years old and more than 20 years old.

* It is from 20 years old that a conformity search is started.

*The person, who has not accepted as the coordinate, will be canceled the registration on the birthday of 55 years old.

* The person, who is 54 years old on the registration day (the drawing blood day) and has only 10 days to the birthday of 54 years old, does not become the subject of the conformity search.

The reason is to need the longest ten days until the test results of the HLA type are registered with the database.

On account of the state of health after the donor registration, you can not push forward a coordinate if circumstances require.

The agreement of the family is necessary in the marrow offer.

The Following People Are Asked for Restraining from the Donor Registration

The person who is during the ill medical treatment or takes medicine (the chronic invalid in particular, such as bronchial asthma, liver disease, kidney disease, diabetes and others)

The person who has such medical history as the malignant tumor (cancer), collagen

disease (chronic joint rheumatism, etc.), autoimmune disease, congenital heart disease, myocardial infarction, angina pectoris (heart attack), cerebral apoplexy and others

In the case of malignant high heat disease, the person having a medical history with the person oneself and the family member

The person who has more than 151 or less than 89 in the highest blood pressure, and more than 101 in the lowest blood pressure

The person who has taken blood transfusion, holding anemic and has been in the disease of the blood

The ill person of infectious diseases such as viral hepatitis, AIDS, syphilis and the malaria

The person who has allergy, the past of symptoms such as the dyspnea or difficult breathing, other symptoms by meals, and the past illness of high eruption

The person who have had an operation to a waist by herniated inter-vertebral disks and others

Excessive corpulence ($\text{weight/kg} \div \text{height/m} \div \text{height/m}$ is one more than 30)

Question and inquiry about the Bone Marrow Bank: 0120-445-445

The Marrow Transplant Promotion Foundation Address: 〒101-0054, 3-19, Nishiki-cho, Kanda, Chiyoda Ward, Tokyo: Hirose Second Building 7F

TEL 03-5280-8111 FAX 03-5280-0101

The contribution receptionist account 00130-2-609313

The Marrow Bank homepage <http://www.jmdp.or.jp/>

Community Site Nurses Net <http://www.donorosnet.jp/>

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The End

(Two green sheets inserted on Page 31)

The donor registration way of the Marrow Bank

Please read the pamphlet "Chance" well. If you have any questions, please refer to the Area Booking Collect Call Service (0120-445-445) of the Bone Marrow Transplant Promotion Foundation.

If you understand the Bone Marrow Bank, please sign your name on the appointed spot, after reading the content of "the Bone Marrow Bank Donor Registration Application" and making entry of the necessary matters.

Please bring "the Bone Marrow Bank Donor Registration Application" with you to the nearest registration window.

After performing the drawing blood of 2mL at the registration window, you can

complete the acceptance of the registration.

The notice points in which you come to the registration window

As the blood donation rooms (at the Japanese Red Cross Society) are crowded particularly on Saturday, Sunday and the national holidays, we recommend you to confirm the reception time and the situation on the telephone. In addition, please get out if possible in having time to spare because there can be the thing having you wait at the time of the congestion, like the blood donor.

Because there is the case that the reception day and time are limited to the donors at the public health centers (the self-governing body), please confirm them over a direct telephone beforehand.

Handling severe attention

Donor Registration Application to the Bone Marrow Bank

I read the bookmark "Chances" of the Bone Marrow Bank well, and I get thoroughly the following contents from the first to eighth items to understand them. Because I am good in the state of health, I register as a marrow offer applicant.

1 . About a matters as the registrant

(The understanding of the contents of age / weight / a state of health / marrow offer)

2 . About the facilities and their roles to take the Japan Marrow Bank business on

3 . The inspection and the handling of the inspection specimen: it extends to use a genetic test for HLA inspection, and to the handling of inspection blood (blood / DNA sample) after being finished.

4 . About the registration to the Bone Marrow Datacenter

5 . About the handling of the registration information

6 . About the sending of the registration confirmation

7 . About the communication after the registration

8 . About the reservation / cancellation of the registration

The Heisei Date

Signature

Please Don't Forget your Signature. (Write down the date when you fill in)

To the person who will register oneself later (This is a request)

1 . We ask you for the registration procedure as possible immediately (aiming at less than 3 months after receiving this application receipt).

2 . Please confirm by all means the blood donation meeting place and the time at the nearby blood center.

3 . Please bring this application with you in the case of attendance by all means to the

blood donation meeting place.

4 . This application is not reissued.

If you have some questions on the Bone Marrow Bank, please ask the Bone Marrow Transplant Promotion Foundation about them. Area Booking Collect Call Service 0120-445-445: Homepage: <http://www.jmdp.or.jp/> (The entry list of the back side)

(back page)

Registration number Inspection number label pasting

(The drawing blood date)The Heisei date

Please make entry of a bold line frame.

Full name home address name sex man / a girl student date Showa Heisei date height
cm weight kg blood type(ABO, Rh) 〒 -

(A phone number) (A mobile number) Receptionist in charge column registration
meeting place division(surround with circle)1 . Blood donation room / blood center
(The Red Cross Hospital fixation)

2 . A blood donation bus opening blood donation meeting place

(The Japanese Red Cross hospital / temporariness)

3 . The public health center(the fixed window)

4 . Briefing session for the group registration reception (alone, keeping pace with blood
donation / the clinic in the business establishment / public health center) host name
(administration) / The Bone Marrow Transplant Promotion Foundation / the name of
receptionist meeting place

5 . National blood donation meeting place for the marrow donor registration
Receptionist person: Please make entry of it by all means The column used for the
explanation member) * Used for the reception place later when the donor visits the
office Explainer(seal)

I confirmed that the registration applicant of the marrow offer mentioned above
satisfied the registration matter and that I received the explanation for the registration.

Heisei's Date Explainer's No. seal or signature

The English version is translated from the original Japanese edition in virtue of
cooperation with Mr.Yoshitsugu Shimizu.