

# Das wertvollste Geschenk der Welt: Stammzellen spenden®



For further information  
PLEASE SCAN !



Get typed -  
BECOME A LIFESAVER !

# ÄRMEL HOCH GEGEN BLUTKREBS! LASS DICH TYPISIEREN!



[www.akb.de](http://www.akb.de)

## STEM CELL TYPIFICATION EVENT at the TUM Wed 17 Nov + Thu 18 Nov 2021, 9:00 a.m. - 4:00 p.m. Immatrikulationshalle, Arcisstr. 21, 80333 MUC

**BECOME A LIFESAVER - REGISTER AS A STEM CELL DONOR !**

Every day, 30 people contract leukemia. A stem cell donation is often the only way for them to survive. For every fifth patient, no matching stem cell donor is found because too few volunteers are registered in the worldwide database. But you can change that: BECOME A LIFESAVER! Get typed with a small blood sample: One prick for you might be the chance for a leukemia patient to be cured.  
For more information, please scan the QR code or visit [www.tum-som.com/akb](http://www.tum-som.com/akb)

**PLEASE DONATE ONLINE AT  
[WWW.AKB.DE/SPENDEN](http://WWW.AKB.DE/SPENDEN) OR TO:**

Stiftung Aktion Knochenmarkspende Bayern  
IBAN: DE67 7025 0150 0022 3946 88

**Intended purpose: TUM-SOM**

Each initial registration costs the AKB Foundation 35 euros. We are urgently in need of monetary donations. Support us with your financial donation!

**In Bayern Stammzellen spenden - weltweit Leben retten.**

In cooperation with:



## LEUKEMIA IS CURABLE

Today leukemia and other disturbances in the blood formation process, such as anemia and immunodeficiency, can be cured by the introduction of blood stem cells from a donor. You can help by having your tissue type determined.

Thank You!



Explanatory discussion during a donor's preliminary examination

## PREREQUISITES FOR REGISTRATION

In general, anyone between the ages of 17 and 45 and who is healthy and in good physical condition can register.

Donation of blood stem cells is possible until the donor passes the age of 60. In order to protect you as a donor and to minimize any possible risks to the recipient, there are restrictions as well as factors which can disqualify a potential blood stem cell donor:

- ILLNESSES OF THE CARDIO-VASCULAR SYSTEM:**  
E.g. cardiac rhythm dysfunctions requiring treatment, coronary illness, poorly controlled high blood pressure, bypass operations following a heart attack
- BLOOD, BLOOD COAGULATION OR VASCULAR ILLNESSES:**  
E.g. deep vein thrombosis, blood coagulation disturbances such as hemophilia A, treatment with Marcumar (phenprocoumon), thalassemia, sickle cell anemia, refractory anemia, spherocytosis
- RESPIRATORY ILLNESSES:**  
E.g. severe asthma, pulmonary fibrosis, pulmonary embolism
- SEVERE KIDNEY ILLNESSES:**  
E.g. Glomerulonephritis, renal insufficiency
- SEVERE ALLERGIES REQUIRING MEDICINAL TREATMENT:**  
Not every allergy will automatically disqualify a prospective blood stem cell donor. Please mention your allergies during the registration process so that your suitability as a donor can be clarified.

- INFECTIOUS ILLNESSES:** E.g. hepatitis C or non-cured hepatitis B, HIV infection, malaria
- MALIGNANT DISEASES:** All types of cancer
- ILLNESSES OF THE IMMUNE SYSTEM:** E.g. rheumatoid arthritis, connective tissue diseases (e.g. scleroderma), Crohn's disease, ulcerative colitis, Addison's disease, immune thrombocytopenic purpura, systemic lupus erythematosus, Sjögren syndrome, vasculitis
- PSYCHOLOGICAL ILLNESSES AND ILLNESSES OF THE CENTRAL NERVOUS SYSTEM:** e.g. epilepsy, psychosis, multiple sclerosis, Creutzfeldt-Jacob disease
- ILLNESSES OF THE ENDOCRINE GLANDS:**  
E.g. diabetes mellitus, thyroid hyperfunction. A thyroid hypofunction does not disqualify a donor.
- HISTORY OF EXTERNAL ORGAN TRANSPLANT:**  
E.g. kidney, liver, heart, skin, cornea, meninges
- ADDICTIVE DISORDERS:**  
Addiction e.g. to medications, intravenous drug use
- MEMBERSHIP IN A RISK GROUP:** Individuals whose sexual behavior or living conditions indicate a significantly higher risk of transmission of severe blood-transmitted infectious illnesses (e.g. hepatitis B or C or HIV) compared to the general population

## DONATING BLOOD STEM CELLS

### 1st method: Peripheral blood stem cell donation

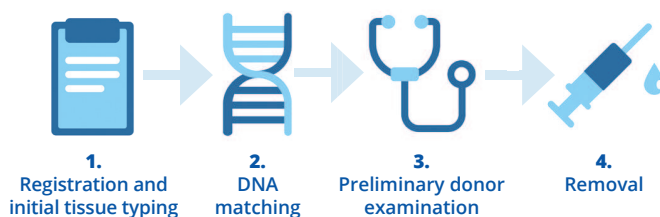
The donor receives a medication called Neupogen® in order to stimulate blood stem cells within the body. The medication is a neurotransmitter emitted by the body in case of infections in order to stimulate increased cell formation. During this four-day period of stimulation some of the stem cells which form blood also enter the blood for a short time.

On the fifth day of the mobilization the donor is connected to a cell separator (a centrifuge that can separate blood into its various components). The stem cells can then be collected from the donor's peripheral blood. This outpatient procedure takes from four to five hours. In 80 % of all donations requested, physicians choose this type of blood stem cell harvesting. Current research shows no known long-term side effects.

### 2nd method: Iliac crest puncture

Removal of the blood stem cells from the iliac crest takes approximately one hour and is performed under general anesthesia. The donor is released from the clinic on the day after the procedure.

## THE STEM CELL DONATION PROCESS



**TO AVOID ANY MISUNDERSTANDING:**  
Blood stem cells are located in the bone marrow. They have nothing to do with the spinal cord!

In order to ensure quick and error-free registration we that you please bring along the chip-card issued by your health insurance provider.

