


The most precious gift in the world:  
Donate stem cells 

## THE AKB FOUNDATION

Aktion Knochenmarkspende Bayern Foundation (AKB) was established in 1993 and is now one of the world's largest stem cell registers with around 350,000 potential donors. The AKB Foundation aims to achieve two major goals: to find the matching donor for as many patients as possible and to offer each donor the highest level of personal care.



Ilse Aigner



Dr. med.  
Hans Knabe

The AKB Foundation is under the patronage of the President of the Bavarian State Parliament, Mrs. Ilse Aigner, and under the leadership of the founder and board member, Dr. Hans Knabe, MD.

## WHY IS STEM CELL DONATION SO IMPORTANT?

In Germany alone, nearly 14,000 patients are diagnosed with leukemia or another disease of the blood formation system every year. By transferring the healthy stem cells of a matching donor, these patients get a chance of full recovery. Unfortunately, however, there are still not enough volunteers to provide a matching donor for every patient. Donors are constantly dropping out of the worldwide donor register due to age or illness. That's why we need YOU as a new donor! Registration by simple cheek swab only takes a few minutes!

Leukemia can be healed!  
Just say yes and sign up - now!

## YOUR MONEY DONATION SAVES LIVES!

For each initial registration of a donor, the AKB Foundation has to pay € 35. Neither the state nor any health insurer will cover these costs. That is why we depend on your donation!

Even if you cannot register as a stem cell donor but still consider our work important and would like to help, please don't hesitate to support us with a financial donation. Your donation will go 100% to where it is needed: the expansion of the donor database.

### Please donate to:

Stiftung Aktion Knochenmarkspende Bayern  
IBAN: DE57 7025 0150 0022 3944 80



### or online at:

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

For every donation of € 50 or more, you will be issued a donation receipt upon request.

## Become a member of the support association!

Support the AKB Foundation regularly as a sponsoring member. Private donations start at €40, corporate donations start at €150 per year. Sign up for your membership now: [www.akb.de/foerderverein](http://www.akb.de/foerderverein)



Member of



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**GET INVOLVED  
AGAINST LEUKEMIA**

Join the register - now



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



 **AKB**  
STIFTUNG AKTION KNOCHENMARKSPENDE BAYERN

## HOW TO BECOME A STEM CELL DONOR?

### 1. WITH THE LIFE SAVING KIT

Request your life saving kit online for a cheek swab in the comfort of your home.  
[www.akb.de/registrierung](http://www.akb.de/registrierung)



### 2. PUBLIC TYPING CAMPAIGNS

You can find all dates at  
[www.akb.de/typisierungsaktionen-in-bayern](http://www.akb.de/typisierungsaktionen-in-bayern)

### 3. AS A BLOOD DONOR AT YOUR NEXT BLOOD DONATION APPOINTMENT

Find all dates here:  
[www.akb.de/typisierung-bei-der-blutspende](http://www.akb.de/typisierung-bei-der-blutspende)



## REGISTRATION REQUIREMENTS

**Basically, anyone between the ages of 17 and 45 who is healthy and in good physical condition can register.** Blood stem cells can be donated up to the age of 60. In order to protect you as a donor and to largely exclude risks for the recipient, there are restrictions and reasons for exclusion for a blood stem cell donation:

- Severe cardiovascular disease
- Severe lung disease
- Severe kidney disease
- Severe neurological disease
- Severe metabolic disorder
- Tropical and severe chronic infectious diseases
- Infection with HIV, hepatitis B or C
- Systemic autoimmune disease or other severe chronic diseases
- Cancer disease
- Severe diseases of the blood / immune system
- Severe mental illness

### For detailed information:

[www.akb.de/stammzellspende-ausschlusskriterien](http://www.akb.de/stammzellspende-ausschlusskriterien)



## WHAT HAPPENS AFTER REGISTRATION?

### HLA-TYPING

From the blood or oral mucosa samples, the Human Leukocyte Antigens (HLA) characteristics of the donors are determined at a special lab. The HLA characteristics are an elementary component of the immune system. They recognize „foreign and non-foreign“ and decide whether a donor is suitable for a particular patient. These characteristics, described in combinations of numbers and letters, are made available to the search centers in pseudonymized form so that transplanters all over the world have the opportunity to find a matching donor.

### THE BLOOD STEM CELL DONATION

The hematopoietic stem cells are located in the cavities of the bones. They can be collected in two different ways. The transplanter decides which type of donation is suitable for his or her patient.

#### 1. METHOD: PERIPHERAL BLOOD STEM CELL DONATION

In 80-90% of cases, the blood stem cells are obtained in this way: To stimulate the blood stem cells in the body, the donor is put on medication for 4 days. This is a body-identical messenger substance that causes the transition of blood stem cells into the blood. On the 5th day of mobilisation, the stem cells are collected from the donor's peripheral blood using a cell separator (3-5 hours, outpatient). According to the current state of research, there are no known long-term after-effects.

#### 2. METHOD: PUNCTURE OF THE ILIAC CREST

Blood stem cell collection from the iliac crest takes about one hour and is performed under general anesthesia. The donor is discharged from the clinic on the following day.

**Important:** Please do not confuse bone marrow with the spinal cord! The spinal cord is part of the nervous system and cannot be transplanted!

## IMPORTANT INFORMATION ON REGISTERING AS A STEM CELL DONOR

### PLEASE READ BEFORE REGISTERING AS A VOLUNTEER STEM CELL DONOR!

- The worldwide pool of stem cell donors makes it possible to find a matching donor for a leukemia patient just in time
- Registration as a stem cell donor is always voluntary
- Consent can be revoked at any time informally and without giving reasons
- Registration aimed at targeted blood stem cell donation for a specific patient is prohibited
- Double registration must be avoided at all costs: if you are already registered as a stem cell donor, you should not sign in additionally with another registry
- To register, you must intend to remain resident in Germany for at least the next 3-5 years
- The stem cell donation is free of charge by law. Expenses (travel, accommodation costs, loss of earnings, etc.) are reimbursed.
- Insurance policies provide the donor with comprehensive insurance cover during the pre-examination, the donation itself, and following the donation
- Residual samples allow the application of better analytical methods without the need to collect new blood from the donor
- To exclude health risks for both donor and patient, a thorough medical examination and a medical consultation take place before every blood stem cell donation
- Anonymity of donor and patient must be strictly observed
- After transplantation, anonymous correspondence between donor and patient is permitted, while direct contact is allowed at the earliest two years after transplantation