

## Desperately Seeking Bone Marrow

**WANTED:** Bone Marrow Donor Programme (BMDP) seeks more (and even more) donors to put their hands and bone marrow up for donation.

**ABOUT US:** We are a group of meddling doctors who are helping BMDP raise awareness, funds and donors.

### Maybe you can help! How?

- Learn about the BMDP and what they do. Call 6327 1344 now; or go to <http://www.bmdp.org/>
- If you are a GP, or are married to one, please volunteer your clinic to be a BMDP donor centre.
- Spread the word to your patients: Educate them on how easy and noble it is to be a bone marrow donor.
- Buy a table at the BMDP Charity Gala in January 2010, or contribute items for auction at the Gala.
- Join the register too! We have, and it wasn't that scary.

### CHEAT SHEET:

**Before your patients come a-calling and asking those pesky tricky questions, here are some Fast Facts about BMDP:**

- 6 Singaporeans are diagnosed with leukaemia or a blood-related disease everyday.
- For many, a bone marrow transplant is the only cure.
- The chance of finding a non-related matching donor is 1 in 20K!
- BMDP is a Singapore-based non-profit organisation dedicated to building a register of Singaporeans who are willing to donate their bone marrow.
- It also provides research, counselling and financial support for patients and their families.
- Joining the register just involves taking 1 drop of blood that is sent for tissue-typing.
- If you are found to be a match for a patient, you will be called to donate your bone marrow, which isn't as scary as people think it is!!

### 2 methods:

1. Traditional bone marrow harvesting under GA OR
2. Peripheral stem cell harvesting which is just like a blood transfusion, thanks to new high-tech machines which can pull out the stem cells needed!

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**You could save a life!!**

**For more info, please contact BMDP at 6327 1344 or visit <http://www.bmdp.org/>.**