

# Save a life, save a family!



Bone marrow donation can save the life of someone with leukemia, lymphoma, or sickle-cell anemia. Sadly, most people who need donor marrow won't find a match in their family and rely on global registries. The more people who register, the greater the odds of finding a match.

## Testing and donation

Testing's easy: all that's required is a swab of the inside of your mouth, or you can be added to the registry when you give blood. Your local blood agency can explain how you can join the registry.

- Canadian Blood Services (<https://www.blood.ca/en>)
- Héma Québec (<https://www.hema-quebec.qc.ca/index.en.html>)

Donation is easy. It's never done if it would pose any risk to the donor, and it's a safe, quick, low-risk procedure with minimal pain. And you could be saving someone's life!

## Increasing representation

People of color (with African, Hispanic, Asian, and other ancestry) are under-represented in the registry. Though "race" isn't a good predictor of finding a match, shared ancestry greatly increases the likelihood. Thus, more non-white donors are urgently needed.

## Learn more

<http://geoff-hart.com/articles/marrow-donation.html>