



The purpose of this guide is to help you find information and support on bone marrow transplant. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of these materials are available to purchase through online resources, or to borrow at your public library.

Brochures and Fact Sheets

- **Be The Match**
 - **Transplant Basics: Understanding Transplant and How It Works**
<https://bethematch.org/transplant-basics/how-transplants-work/>
- **Your Guide to the Transplant Process**
<https://bethematch.org/patients-and-families/about-transplant/>

Also access a wide range of other free print and online resources, including DVDs, booklets, and webcasts, for all stages of transplant at:

<https://bethematch.org/patients-and-families/support-for-you-and-your-family/educational-resources/>

For your free copy of these publications, contact the NMDP at: (888) 999-6743. Also available in English, Spanish, Chinese, Vietnamese, Korean, and Portuguese.

- **Bone Marrow Foundation. Allogeneic Bone Marrow/Stem Cell Transplantation and Autologous Bone Marrow/Stem Cell Transplantation**
To download a printable version or request a free copy contact the Bone Marrow Foundation at: (800) 365-1336 or access at:
 - <http://www.bonemarrow.org>
 - Click on “**Resources for Patients & Families**”
 - Click on “**Publications**”
Available in English and Spanish.

- The Leukemia & Lymphoma Society. **Blood and Marrow Stem Cell Transplantation.**
Printable version available at:
http://www.lls.org/sites/default/files/file_assets/PS40_BloodMarrow_2018.pdf
- National Bone Marrow Transplant Link
 - **Bone Marrow/Stem Cell Transplant Frequently Asked Questions: Helpful Information for Patients, Caregivers, and Families**
 - **Caregivers' Guide for Bone Marrow/Stem Cell Transplant, Practical Perspectives**
 - **Resource Guide for Bone Marrow/Stem Cell Transplant: Friends Helping Friends**
 - **Survivorship Guide for Bone Marrow/Stem Cell Transplant, Coping with Late Effects**

Printable versions of these titles are available at: <http://www.nbmtlink.org/>

- Click on “Shop” on the top of the page
- This will pull up the above titles
- Click on the title and download a free pdf version or order a hard copy

Newsletter

- **Living Now - Be The Match e-newsletter**
Stay connected with other transplant recipients through this free e-newsletter. Get tips for healthy living after transplant and hear from others who share their stories and experiences.
<https://bethematch.org/patients-and-families/support-for-you-and-your-family/educational-resources/>

Audiovisual Resources

- **Be The Match Webcasts**
<https://bethematch.org/patients-and-families/support-for-you-and-your-family/educational-resources/>
 - Click on “Learn about transplant” and “Survive and thrive after transplant”

- Webcasts will be listed first
- Click on the title you wish to view
- Blood & Marrow Transplant Information Network. **Celebrating a Second Chance at Life.** Learn how to protect your health after transplant. A two DVD set. Skokie, IL: Blood & Marrow Transplant Information Network, 2007.
- National Marrow Donor Program. **A Guide to Marrow and Cord Transplant for Patients and Caregivers.** DVD Minneapolis, MN: National Marrow Donor Program, 2008.
- National Bone Marrow Transplant Link. **New Normal: Life after Bone Marrow/Stem Cell Transplant: A Compelling Story of Six Transplant Survivors.** (VHS) Southfield, MI: Sue Marx Films, Inc., 2001. This video may be viewed on YouTube at:
https://www.youtube.com/watch?v=PQcbwN3w8us&index=1&list=PLrMxZswLvZfGf2doE9TW5qdlo2XFHg_op

Books

- Carrier, Ewa. **100 Questions & Answers about Bone Marrow and Stem Cell Transplantation.** Sudbury, MA: Jones and Bartlett, 2004.
- Fairview-University Blood and Marrow Transplant Services. **Blood and Marrow Transplantation: A Patient's Guide to Hematopoietic Stem Cell Transplantation.** Minneapolis, MN: Fairview Press, 2004.
- Stewart, Susan K. **Autologous Stem Cell Transplants: A Handbook for Patients.** 4th ed. Highland Park, IL: BMT Newsletter, 2012.
- Stewart, Susan K. **Bone Marrow and Blood Stem Cell Transplants: A Guide for Patients.** 2nd Ed. Highland Park, IL: Blood & Marrow Transplant Information Network, 2012.

For kids whose parents are undergoing BMT:

- Weinstein-Stern, Deborah. **Mira's Month.** Highland Park, IL: BMT Newsletter, 1994. A story of a four-year old girl whose mom is about to go through a bone marrow transplant.

Web Resources

- **Be the Match**
<http://bethematch.org/>
Information for donors and recipients of bone marrow, including pdf files of various publications about the transplantation process, financial, and insurance assistance.
- **BMTinfonet**
<http://bmtinfonet.org/>
The Blood and Marrow Transplant Information Network site offers a resource directory, a drug database, and a news bulletin.
- **Bone Marrow Foundation**
<http://bonemarrow.org/>
This website has information about the resources, programs, and services provided by this patient support organization. A database of medical articles, an archive of experts' answers to patients' questions and comprehensive listings of organizations and transplant centers are also available.
- **National Bone Marrow Transplant Link**
<http://www.nbmtlink.org/>
The main feature of this site is an online library that contains citations to hundreds of journal articles, booklets, and reference materials, as well as comprehensive links to additional online information. The site also includes Adobe Acrobat (pdf) files of NBMTLink publications.

University of Michigan Resources

- **University of Michigan Rogel Cancer Center Adult Bone Marrow Transplant Clinic**
<https://www.rogelcancercenter.org/bone-marrow-transplant/adult-bmt-clinic>
Detailed information about bone marrow transplantation and the U-M clinic, including a patient handbook, glossary, and video introduction.

Email Groups (Listservs)

- **BMT-TALK** is an email discussion group for patients undergoing a bone marrow transplant, and their families, hosted by the Association of Cancer Online Resources (<http://acor.org>). To join the list, go to: <http://listserv.acor.org/scripts/wa-ACOR.exe> and select “BMT-TALK”

Organizations

- **The Bone Marrow Foundation**
<http://bonemarrow.org/>
1-212-838-3029 or 1-800-365-1336
- **National Bone Marrow Transplant Link**
<http://nbmtlink.org/>
1-800-LINK-BMT (800-546-5268)

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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