



Hello %Name%!

We have missed you! While we may be physically distant during this time, we are happy to be able to bring you this edition of the Ambuzzador so that you can stay updated about what has been happening here at the BMDP.

Time flies and we are now on Day 31 of the Circuit Breaker. Most of our day to day routines have been disrupted and we are each settling into new norms and exploring virtual ways of working, studying, interacting and here at the BMDP, SAVING LIVES! It has been a challenging time, yet we see how many are standing by our cause and pressing on to continue this life saving work.

Here is a remarkable duo who brought light in an otherwise dark time.

### The Buzz: Overcoming Cross-Border Challenges to Deliver Hope & Save Lives

Two volunteers risked it all by crossing the borders of Malaysia and Singapore during the time Malaysia was on lockdown to bring a Malaysian patient a life-saving bag of blood stem cells. A true tale of courage and solidarity which inspires us all to do the best we can, maybe even band together with loved ones to render help!



Here is what they have to say:

“There was a tinge of uncertainty because of the impending Movement Control Order which was to start within the next couple of hours. However, there is a patient who needed the stem cells, and for whom this could mean the difference between life and death. I knew I had to help.” - Eleanor

*Our heroines, Eleanor (left) and Neriman (right) who brought hope to a patient against all odds*

“I will sign up for a similar assignment in a heartbeat if given a chance once again. All I want to do is to give back to the society in any way I can.” – Neriman

Read the full story [here](#).

### What’s New @ BMDP?

#### Join the 10-Swab Challenge Brought to you by the A.C.T

The 10-Swab Challenge is a pilot initiative led by the newly formed Ambassadors Core Team, A.C.T for short. They are a group of driven and committed individuals working hand in hand with the BMDP to lead the ambassador programme. They are committed to put their passion into ACTION and together, they will be leading the Ambassadors Programme.



First up, A.C.T has a challenge for you! Join the 10-swab challenge where you can register your friends online! The game plan is simple – get at least 10 people to request for swab kit online with your Ambassador unique ID. They will then receive the swab kit in the mail where they will fill up the registration form and swab their cheek from home. Once completed, they will mail the kit back in the business reply envelope provided. You will receive regular updates on the number of swabs returned from donors affiliated to you. This challenge will last three months.

Welcome Aboard: Marrow Matters Educational Newsletter!

All new potential marrow donor on the BMDP Register will now receive a bi-monthly newsletter, Marrow Matters that will bring them through, you guessed it, why their marrow matters! This educational series will reiterate what bone marrow donation is all about so that when donors are found to be a match, they are equipped with accurate information to make an informed decision.



If you are a marrow donor, look out for Marrow Matters series in your inbox and tell us what you think.

### Top 3 Questions You've Been Asking

Many of you have been asking us questions pertaining to donor recruitment. Here is a compilation of the top 3 questions that we have been asked.

1. How do I assess if someone is eligible?

You can save the graphic below into your phone:



2. How to explain why joining the BMDP Register is important?

We are the only register in Singapore providing a volunteer matching donor to patients with blood diseases such as leukaemia and lymphoma in need of a transplant. BMDP is often, the only avenue left to find a donor match after the patient's family. Expanding our database of potential marrow donors is crucial in increasing the chance of finding a matching donor for these patients.

3. Can my stem cells regenerate after donation?

Yes, bone marrow donation requires 5% of your stem cells and they will regenerate within 4-6 weeks.

### Spread the Word!

now more than ever to help us recruit marrow donors. COVID-19 may have put a stop to our social life, but our life-saving work continues. Join the 10-swab challenge and spread the word to as many people as you can!

Content contributed by Angel Lee

**"This gift of courage, friendship and compassion will go a long way. So help us to make a difference today."**

- Minister K Shanmugam, Patron of The BMDP



The Bone Marrow Donor Programme

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