










# A DONOR FOR EVERY PATIENT

Thank you for taking the first step to register as a marrow donor. Below is important information you need to know about eligibility, medical requirements and the process to follow.

## 1. JOINING THE BMDP REGISTER

-  **You are aged between 18 and 49.**
-  **You are a Singaporean / Permanent Resident.**
-  **You are a foreigner working in Singapore with an intention to stay for at least 5 years.**

Unfortunately, you will not be able to join the register if:

-   **You or your partner have ever had a positive result for HIV or Human T-cell lymphotropic virus (HTLV) or believe you may carry the hepatitis B or C virus.**
-   **You have ever been injected with non-prescription drugs, including body-building drugs (even one-off use for the past 5 years).**
-   **You have, or have had any of the following:**
  - Autoimmune disease including:
    - Ankylosing Spondylitis
    - Myasthenia Gravis
    - Rheumatoid or psoriatic arthritis
    - Reactive arthritis (Reiter's syndrome)
    - Systemic Lupus Erythematosus (SLE)
  - Cancer
  - Coronary artery disease
    - Blocked arteries in the heart
    - Angina
    - Heart attack
    - Heart failure
    - Bypass surgery
    - Heart valve replacement
  - Chronic obstructive pulmonary disease (COPD)
  - Currently on Oral Steroids or IV Steroid
  - Diabetes
  - Epilepsy (unless you are free of seizures and off medication for the last 12 months)
  - Severe allergy to latex or anaesthetic
  - Stroke
  - Severe Psoriasis
  - Sickle Cell Anaemia (excluding carrier)
  - Thalassaemia major
  - Thyroid disease with medication

## 2. WHAT WE NEED FROM YOU

Please complete page 3 and 4 using a pen.

By filling out the form and submitting the cheek swab, you are indicating your interest to register as a potential marrow donor. Follow-up may be required depending on how the questions are answered. Please remain contactable.

## 3. WHAT YOU ARE SIGNING UP TO

If you are found to be a potential match for a patient, you understand that:

- You will need to give blood samples and another cheek swab so we can confirm your suitability to proceed with the donation.
- You will be asked to donate in one of two ways:

### Peripheral Blood Stem Cell (PBSC) Collection

90% of the people donate stem cells through this method. You will be given Granulocyte-Colony Stimulating Factor (G-CSF) injections over 5 days to increase the number of blood stem cells in your blood stream before these cells are collected through your blood stream.

### Bone Marrow Collection

Bone marrow is collected from the pelvic bone. This takes place whilst you are under general anaesthesia for around 40 minutes.

- Whichever method of donation you choose, your stem cells/ bone marrow will regenerate within 4 to 6 weeks.
- Your donation could save a patient who lives anywhere in the world.
- Identities will be kept completely anonymous to protect both donor and patient's identity.

## 4. WHAT'S NEXT?

- You will stay on the register until you are 60 years old, unless you ask for your details to be removed or be transferred to a different country.
- It is important for you to remain contactable. Please keep your details up to date via email at [donor@bmdp.org](mailto:donor@bmdp.org).
- Tell your family and friends about this decision that you have made as they are a key support to your journey.
- Continue supporting our cause and help us create awareness at your workplace, community or join us as an ambassador or volunteer. Contact us at [dr@bmdp.org](mailto:dr@bmdp.org) for more information.
- You can find more information at [bmdp.org](http://bmdp.org).



# Personal Data Protection Statement

At the Bone Marrow Donor Programme (BMDP), we recognise the importance of the personal data you have entrusted to us and are committed to properly manage, protect and process your personal data. The BMDP collects, stores, uses, discloses and retains your personal data in accordance with the Personal Data Protection Act 2012 ("PDPA") and our policies and procedures.

## Collection of your Personal Data

When you join the BMDP, we collect your name, partial NRIC/FIN/Passport No, date of birth, contact details, email address, sex, citizenship, ethnic group, some information about your health, and a swab sample to determine your HLA type. If you are a potential match and we are unable to get in touch with you, we may contact your other contacts.

We will make reasonable efforts to ensure that the Personal Data we collect is accurate and complete. Please help us by ensuring that all Personal Data that you submit is complete and accurate. You may update us when there are any changes to the Personal Data which you have provided to us by emailing the updates to our team via [donor@bmdp.org](mailto:donor@bmdp.org). We will correct or complete your Personal Data as soon as reasonably practicable.

Where Personal Data is submitted to you on behalf of another individual or concerns another individual other than yourself, you represent and warrant to us, that all the necessary consents have been obtained from the relevant individuals.

## Purpose for the Collection, Usage and Disclosure of your Personal Data

We process some of the sensitive personal data you have provided (e.g. information about your health, ethnicity and HLA type) where you have given your consent to so do to add you to the register. This information helps us match you to patients, and then get in touch with you if you came up as a potential match.

By registering as a donor, you have opted into receiving newsletters and educational content from the BMDP. You may choose to unsubscribe at anytime through the unsubscribe link provided in the emails or by writing to the BMDP. However, we will still contact you to update your details and in relation to your status as a potential donor.



## Protection of your Personal Data

We will endeavour to protect your Personal Data in our possession and will guard against risks or unauthorised access, collection, use, disclosure, copying, modification, disposal or destruction, through reasonable and appropriate security measures.

## Disclosure of your Personal Data

Personal Data will be protected and kept confidential but, subject to the provisions of any applicable law, may be disclosed for the purposes listed above, where applicable, to the following parties:

- A) Our employees, volunteers and interns
- B) Third party service providers who provide services to BMDP
- C) Our professional advisers such as auditors and lawyers
- D) Any other party to whom you authorise us to disclose your Personal Data

## Transfer of Personal Data outside of Singapore

Where your Personal Data is to be transferred out of Singapore, we will comply with the PDPA in doing so. We only make these transfers where we are completely satisfied that adequate levels of protection are in place to protect any information held in that country, or that the service provider acts at all times in compliance with applicable privacy laws.

## Access to and Correction of Personal Data

Upon request, we will provide you the access to your Personal Data or other appropriate information on your personal data in accordance with the requirements of the PDPA.

Upon request, we will correct an error or omission in your Personal Data that is in our possession or control in accordance with the requirements of the PDPA.

## Retention of your Personal Data

The information you provide will be retained by us in accordance with applicable laws. We will cease to retain personal data, as soon as it is reasonable to assume that the purpose for collection of such personal data is no longer being served by such retention, and such retention is no longer necessary for legal or business purposes.

You will remain on the BMDP register until you are 60 years old, unless you wish to close your record on the register before that time.

## About your Personal Data

If you have any questions about data protection, complain about how we have handled your personal data, or wish to request your personal information, you can email our data protection officer at [donor@bmdp.org](mailto:donor@bmdp.org).