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BMDP

Bone Marrow Donor
Programme

ADAM'S ADVENTURE

Saving Sarah's Smile



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Adam and Sarah were the best of friends. They were always together, whether playing in the park, building sandcastles, or sharing secrets under the old flame of the forest tree.

One gloomy day, a dark cloud drifted over Adam's sunny world. The doctor said that Sarah was diagnosed with **leukaemia** and in need of a **bone marrow transplant**.



Sarah's bright smile disappeared, replaced by a worried frown.

Adam's heart sank like a stone as he hugged Sarah tightly and whispered as tears welled up in his eyes.

An illustration of a young boy with black hair, wearing a yellow shirt, hugging a girl with large brown hair from behind. The girl is wearing a light blue shirt and purple pants. They are standing in the rain, with many blue raindrops falling around them. The boy's eyes are closed and he has a sad expression. A speech bubble is positioned above him, containing text.

I promise that I will do whatever it takes to help you get better.

Determined to find a cure for Sarah, Adam set out for the park. There, perched on a branch of the giant oak tree, lived Olly, the wise old owl.



Adam knew Olly was full of knowledge about the world, and maybe, just maybe, he could help.

The Superheroes of Your Body

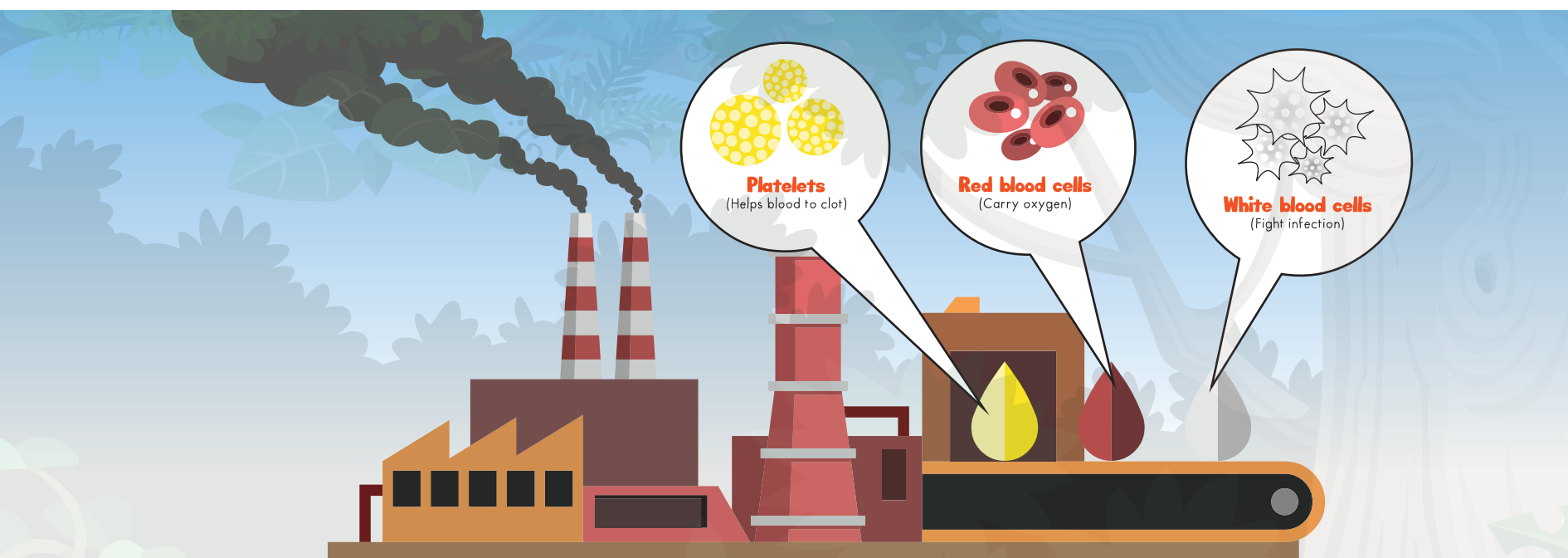
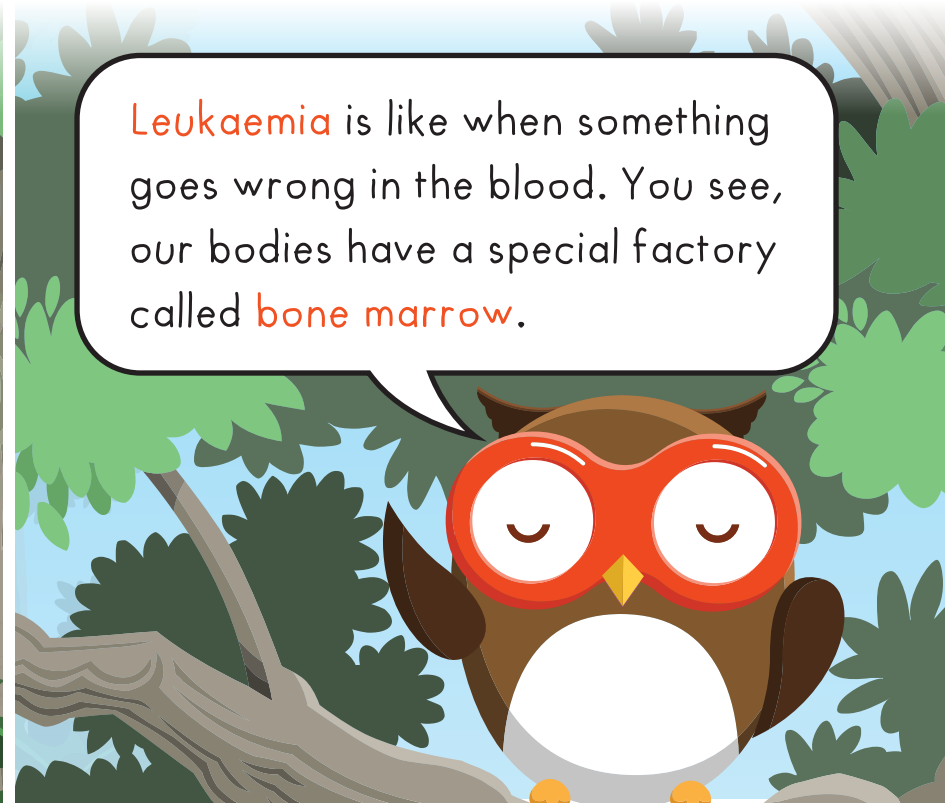


Olly hooted a greeting as Adam approached.

What is troubling you, young friend?

Adam explained about Sarah and her condition.

Leukaemia is like when something goes wrong in the blood. You see, our bodies have a special factory called **bone marrow**.



Platelets
(Helps blood to clot)

Red blood cells
(Carry oxygen)

White blood cells
(Fight infection)

Bone Marrow Factory

Olly explained further.

In this factory, special cells called **stem cells** are made. Think of them as the superheroes of your body! They create your blood, which keeps you active, fights off nasty germs, and keeps you strong.



But to help Sarah, we need someone with matching secret codes in their blood. These codes, called **HLAs**, are like friend-or-foe signals that help your body recognise who can help and who can't.

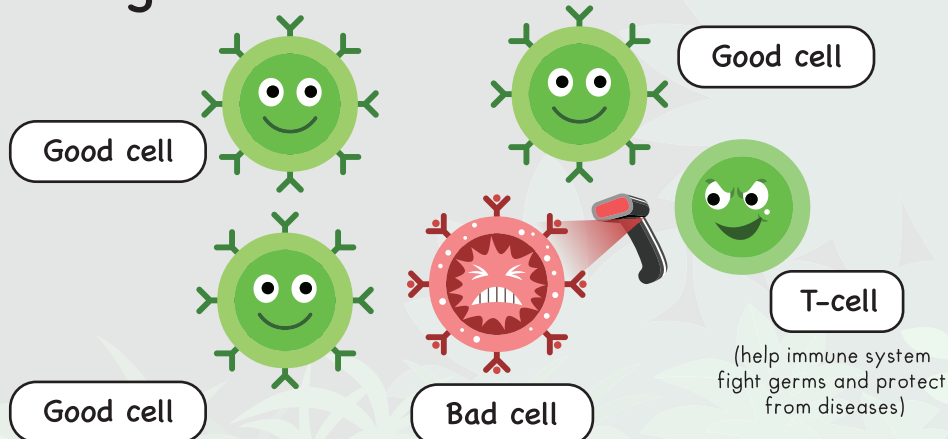


What is **HLA**?

HLA = Human Leukocyte Antigen



Immune cells read **HLA**-code on cells to help identify good cells and bad cells.



An immune response is triggered if a bad cell is identified.



Together, We Can Help



Adam became hopeful.

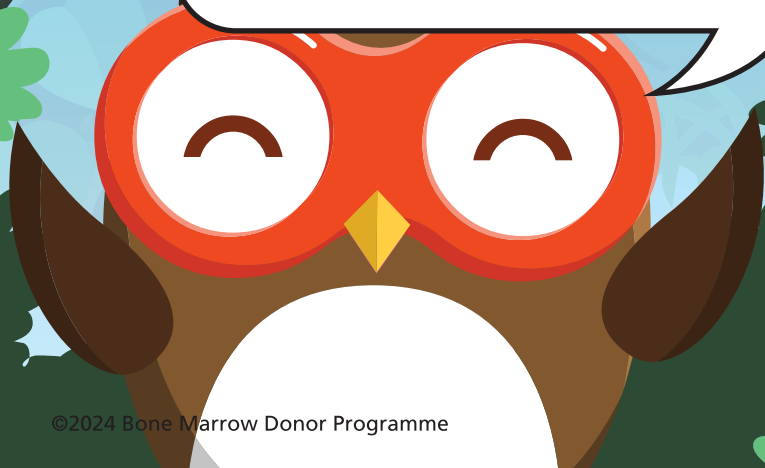


Is there a way to find someone with matching codes?



Olly nodded wisely.

In Singapore, the **Bone Marrow Donor Programme**, or **BMDP** for short, matches people who need healthy **stem cells** with those who can donate them.





Adam's heart swelled with determination. He knew he had to help find a donor for Sarah. Armed with Olly's knowledge, he raced home and began making posters. He spent the afternoon running around the neighbourhood, plastering the posters in every lift and shop window he could find.

The day of the event dawned bright and sunny. Adam's neighbourhood buzzed with activities. Colourful stalls lined the streets, and friendly faces greeted everyone who arrived.



Adam stood proudly at the entrance, welcoming his neighbours and explaining the importance of bone marrow donation.

With a microphone in hand, Adam spoke to the crowd.

To see if you could be a potential hero that Sarah needs, you need to do a simple **cheek swab**.

1



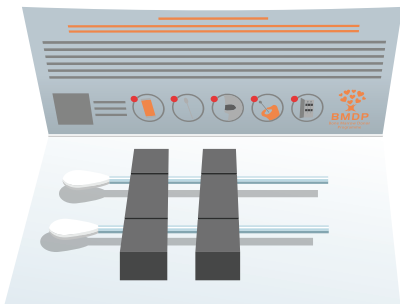
Just take this cotton swab and rub the inside of your right cheek. Repeat on the left cheek.

2



Let the swabs air dry, then pop them in the folder and seal it tight.

3



Finally, place the folder in the envelope addressed to **'The Bone Marrow Donor Programme'** and drop it in the mail box.

4



Weeks passed, and Adam eagerly awaited for good news. Every day, he waited by his phone, hoping for a miracle. He imagined Sarah, healthy and smiling again, thanks to a generous donor.



A Brave Donor's Gift



Then, one sunny afternoon, the phone rang. Adam's heart leapt into his throat as he picked it up. It was fantastic news! A donor match had been found, and guess what?

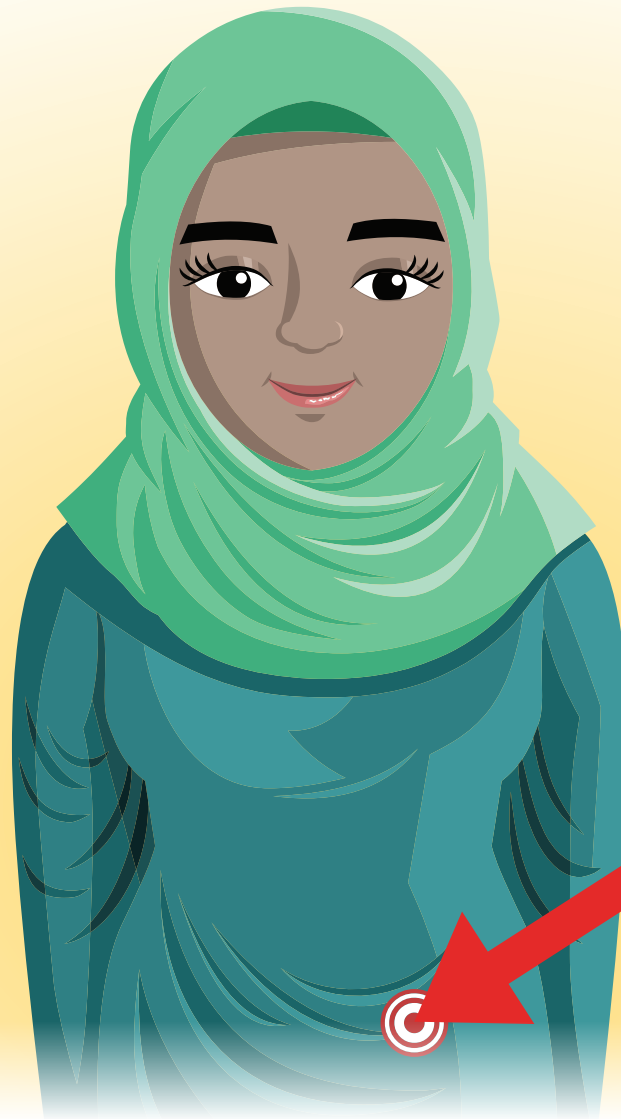


It was someone right there in their own neighbourhood – Miss Aishah, the kind young lady who lived down the street!

Excitement bubbled in Adam's tummy. He raced to the hospital to tell Sarah the good news.



Miss Aishah, with a heart of gold, underwent a procedure called **peripheral blood stem cell** collection.



G-CSF

The special injections are called G-CSF (granulocyte-colony stimulating factor)

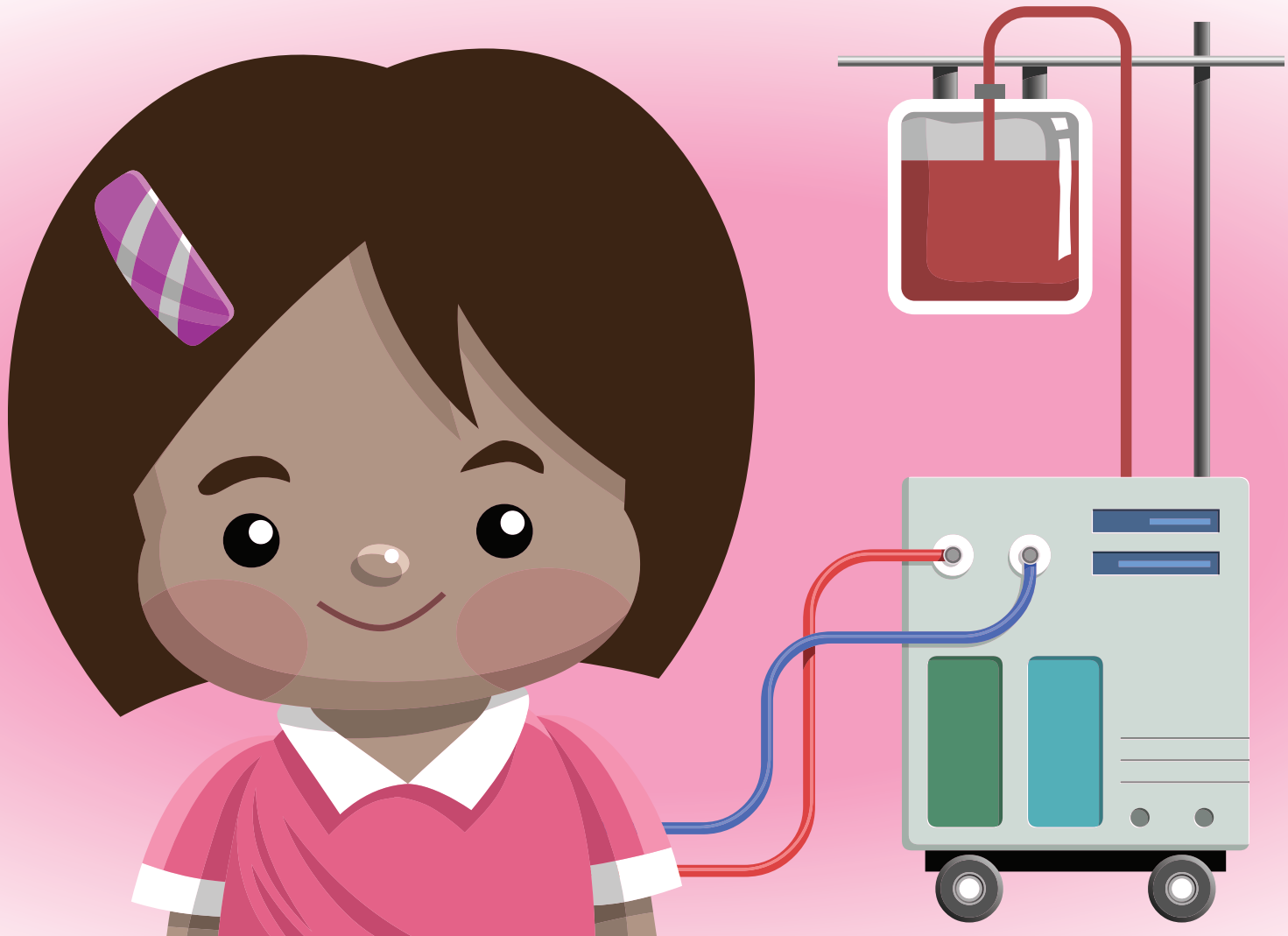
5 days before her donation, she had to take special daily injections. This helped her body produce more superhero **stem cells** for the donation!

On the day of the donation, a kind nurse gently inserted a tube into Miss Aishah's arm. Through this tube, some of her blood, rich with superhero **stem cells**, travelled into a special machine. This machine carefully separated out the precious **stem cells**, just like sifting gold nuggets from sand.



Afterwards, Miss Aishah felt a bit tired and achy, but the nurse assured her it was perfectly normal. After all, she was a true superhero, and superheroes deserve a little rest after saving the day!

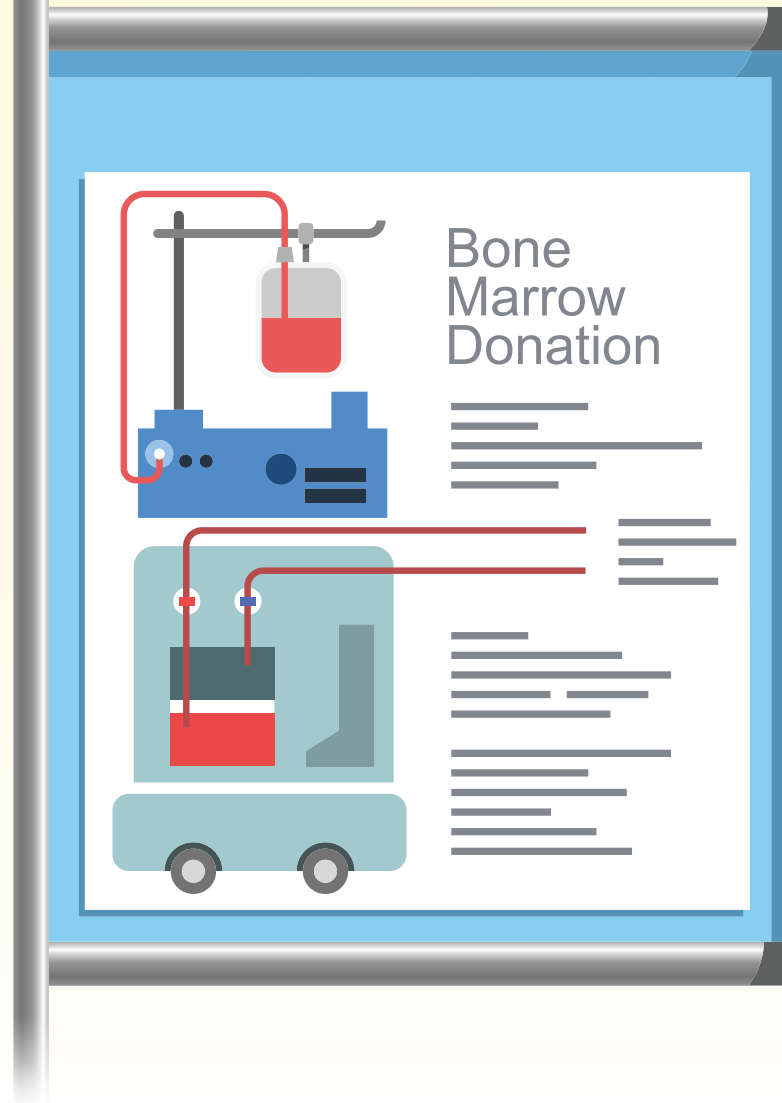
Sarah was all smiles as she received the special donation from Miss Aishah, containing the healthy cells to help her heal. These superhero stem cells would now travel to Sarah's **bone marrow** and start making her healthy and strong again.



Before they knew it, Sarah's cheeks were flushed with happiness, and her bright smile had finally returned!

Join Adam's Adventure





As Sarah recovered in the hospital, Adam continued his mission. He knew there were many more people like Sarah who needed heroes like Miss Aishah. He gave presentations at schools and community centres, sharing Sarah's story and explaining how **bone marrow donation** can save lives.

Share what you learn with your family and friends. Anyone can be a hero – even YOU!

