



# Bone Marrow Transplantation

Patient Education Resource Center (PERC)  
Information Guide

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## Brochures

- 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 <http://www.bonemarrow.org> and click on "Publications". Available in English and Spanish.
- National Marrow Donor Program.
  - **Step One** – describing the decisions that need to be made when considering a Bone Marrow Transplant.
  - **Step Two** – A detailed look at the transplant process including information on post-transplant care.  
For your free copy of these publications contact the NMDP at: (888) 999-6743 or access <http://www.marrows.org>. Available in English and Spanish.
- **A Guide to Protecting Your Health after Transplant: Recommended Tests and Procedures**  
Separate versions for allogeneic and autologous transplants discuss guidelines for long-term follow-up care after a marrow, peripheral blood stem cell (PBSC) or cord blood transplant. To access a printable version:
  - go to: <http://www.cibmtr.org/>
  - Click on: PUBLICATIONS
  - Click on: Patient & Physician information
- The Leukemia & Lymphoma Society. **Blood and Marrow Stem Cell Transplantation: Leukemia/Lymphoma/Myeloma.** A printable version is available online at the *Order Free Materials* section of the Leukemia & Lymphoma Society website at: <http://www.leukemia-lymphoma.org>

## Newsletter

- Blood and Marrow Transplant Information Network. **Blood and Marrow Transplant Newsletter.** A printable version is available online at: <http://www.bmtinfonet.org/letter.html>

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The purpose of this information guide is to direct patients and health care professionals to sources of information on cancer and related topics, it does not constitute an endorsement of the information contained in the resources. This list is not meant to be comprehensive, but rather to provide starting points for Information seeking.

All listed materials can be found at the Patient Education Resource Center of the University of Michigan Comprehensive Cancer Center in room B1-361. An online version of this document can be found at: [http://www.cancer.med.umich.edu/support/information\\_guides.shtml](http://www.cancer.med.umich.edu/support/information_guides.shtml)

## Articles

- Williams, Susan. **Inside Stem Cells: A Look at Blood and Marrow Transplantation.** Cure; Vol. 3, No. 2, Summer 2004. (p.41).

## Audiovisual Resources

- National Marrow Donor Program.
  - **Discovery to Recovery: A Child's Guide to Bone Marrow Transplant.** (DVD) NMDP, Minneapolis, MN, [2004]. English, Spanish and Mandarin.
  - **Living Life After Transplant.** (DVD) NMDP, Minneapolis, MN, [2004]. English and Spanish
  - **Paths to Progress: Understanding Blood Stem Cell Transplants.** (CD) NMDP, Minneapolis, MN, [2004]. English, Spanish and Mandarin.

For a free copy contact the NMDP – <http://www.marrow.org>

- BMTinfonet. **Celebrating a Second Chance at Life.** Learn how to protect your health after transplant. A two DVD set.
- 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 view on YouTube. To access go to <http://www.youtube.com> and type "New Normal: Life After Bone Marrow/Stem Cell Transplant" in the search box.

## 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.
- National Bone Marrow Transplant Link. **Resource Guide for Bone Marrow/Stem Cell Transplant : Friends Helping Friends.** Southfield, MI: National Bone Marrow Transplant Link, 2007. English and Spanish. A printable version is available online at: <http://www.nbmtlink.org>
- National Bone Marrow Transplant Link. **Caregivers' Guide for Bone Marrow/Stem Cell Transplant.** Southfield, MI: National Bone Marrow Transplant Link, 2007. A printable version is available online at: <http://www.nbmtlink.org>
- Stewart, Susan K. **Autologous Stem Cell Transplants: A Handbook for Patients.** 3rd ed. Highland Park, IL: BMT Newsletter, 2007.



- Stewart, Susan K. **Bone Marrow and Blood Stem Cell Transplants: A Guide for Patients**. Highland Park, IL: Blood & Marrow Transplant Information Network, 2002.
- Stronach, Keren. **Survivors' Guide to a Bone Marrow /Stem Cell Transplant: What to Expect and How to Get Through it**. Southfield, MI: National Bone Marrow Transplant Link, 2002. 2nd Ed. A printable version is available on the National Bone Marrow Transplant site: <http://www.nbmtlink.org>

### ***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. May be read online at: <http://www.bmtinfonet.org/mm/mira.html>

### ***For kids undergoing BMT:***

- Crowe, Karen. **Me and My Marrow: A Kid's Guide to Bone Marrow Transplants**. Deerfield, IL: Fugisawa Healthcare, Inc., 1999. Explanations and advice on coping with a BMT for ages 10-18. A printable version is available at: <http://www.astellas.us/docs/meandmymarrow.pdf>
- Lilleby, Kathryn U. **Steve's New Blood**. Pittsburgh, PA: Oncology Nursing Press, 2000. Two text versions and lovely illustrations explain the process of a bone marrow transplant. A large print version is for kids ages 6-10, and a small print version is intended for 10-17 year olds. Young children can follow the illustrations.

## **Web Resources**

- **Blood & Marrow Transplantation Clinic** at the U-M Comprehensive Cancer Center
  - To access go to: <http://www.mcancer.org>
  - On the top bar click on: Cancer & Treatments
  - Under "Treatments" click on "Blood and Marrow Transplant"Detailed information about bone marrow transplantation and the U-M clinic including a patient's guide, a glossary and BMT success stories.
- **BMTinfonet** <http://www.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://www.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 transplants centers are also available.
- **National Bone Marrow Transplant Link** <http://www.nbmtlink.org>  
The main feature of this site is a digital 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 the NBMTLink publications listed in the Books Section.
- **National Marrow Donor Program** <http://www.marow.org>  
Information for donors and recipients of bone marrow, including .pdf files of various publications about the transplantation process, financial and insurance assistance.

### 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://www.acor.org>). To join the list go to:  
<http://listserv.acor.org/archives/bmt-talk.html>

### Organizations

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

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services.

Our aim is to promote active participation in your care and treatment by providing information and education.

Questions about individual health concerns or specific treatment options should be discussed with your physician.

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