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♦ Publications and Products
  ♦ Books
    ■ Autologous Stem Cell Transplants: A Handbook for Patients
    ■ Bone Marrow and Blood Stem Cell Transplants: A Guide for Patients
    ■ Graft-versus-Host Disease: What to Know, What to Do
    ■ CAR T-Cell Therapy: What to Expect Before, During and After
    ■ Transplantes Autólogos de Células Madre: Un Manual para Pacientes
    ■ Trasplantes de MÁÁÁculas y de CÁÁÁulas Madre: Una GuÃAa Para Pacientes y sus Seres Queridos
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    ■ Terapia de CÁÁÁulas CAR T: QuÃÁÁ Esperar Antes, Durante y DespuÃÁÁs
    ■ BMT InfoNet's Resource Directory
  ♦ Brochures
    ■ BMTInfoNet Introductory Brochure
    ■ Helpful Hints for Caregivers
    ■ Caring Connections Program
    ■ Eating Well, Living Well after Transplant
    ■ Living Well After Transplant
    ■ Spanish Resources for Patients from BMT InfoNet
    ■ Spanish Version: Eating Well, Living Well Brochure
    ■ Spanish version: Helpful Hints for Caregiver
  ♦ T-Shirts
Strength T-Shirt
Chemo Brain T-shirt
Stop GVHD T-Shirt
Transplant: The Ultimate Makeover T-shirt (pink with white)
Transplant: The Ultimate Makeover T-shirt (navy with green)
Transplant: The Ultimate Makeover T-shirt (navy with white)

Gift Items
Vintage Enamel Pendant - Red and Blue
Vintage Enamel Pendant - White
Vintage Enamel Pendant - Blue
Gift of Life Necklaces (White Only)
Turquoise Necklace
Just Marrowed Cap
Celebrating Life 2021 Calendar

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Chronic Fatigue and Sleep Problems

Chronic fatigue and sleep problems are common after transplant. You may need to adjust your activities and lifestyle for awhile.

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