Long Term Health Guidelines
Building a Family after Transplant
Pay it Forward

◆ CAR T-cell
  ◦ CAR T-cell Basics
  ◦ Preparing for CAR T-cell therapy
  ◦ CAR T-cell Recovery
  ◦ Join the CAR T-cell Therapy community

◆ Directories
  ◦ Transplant Centers
  ◦ Graft-versus-Host-Disease Directory
  ◦ Medical Centers Offering CAR T-cell Therapy

◆ Get Help
  ◦ COVID-19 and Transplant
  ◦ Managing Anxiety During COVID-19
  ◦ Talk to a Survivor or Family Caregiver
  ◦ Volunteer for our Peer Support Program
  ◦ Resource Directory
  ◦ Stories of Courage and Resilience
    - Transplant Survivor - Surviving COVID-19
    - Sickle Cell: Khadijah's Story
    - Non-Hodgkin Lymphoma: Patricia's Story
    - Acute Lymphoblastic Leukemia (ALL): Nikki's Story
    - Hemophagocytic Lymphohistiocytosis (HLH): Mistha's Story
    - Acute Lymphoblastic Lymphoma + Ph: Daniela's Story
    - Chronic Myelogenous Leukemia: Amanda's Story
    - Multiple Myeloma/Acute Myelogenous Leukemia: Jim's Story
    - Longest Living Transplant Survivor: Nancy's Story
    - Multiple Myeloma: Vicki and Randy's Story
    - Hodgkin Disease: Matt's Story
    - Leukemia (AML): Braulio's Story
    - Myelofibrosis: Barry and Hope's Story
    - Pediatric Transplant: Alicia's Story
    - Multiple Myeloma: Thomas' Story
    - Acute Myelogenous Leukemia (AML): Peter's Story
    - Hodgkin Disease: Jacqueline's Story

◆ Video Learning Library

◆ Events
  ◦ 2021-Online Celebrating Second Chance Symposium
    - Agenda 2021
    - Meet Our Faculty
    - Sponsors

◆ 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
    - Trasplantes Autólogos de Células Madre: Un Manual para Pacientes
    - Trasplantes de MÁculas y de Células Madre Sanguíneas: Una Guía Para Pacientes y sus Seres Queridos
    - Enfermedad Injerto contra Huésped: Qué necesitas saber, Qué necesitas hacer.
    - Terapia de Células CAR T: Qué Esperar Antes, Durante y Después
    - 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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Transplant Basics
□ What is a Blood Stem Cell Transplant?
□ Diseases Treated by Transplant
□ Preparing for Transplant
□ Choosing a Transplant Center
□ Pre-Transplant Tests
□ How Bone Marrow and Stem Cells are Collected
□ Finding a Donor
□ Being a Related Donor
□ Being an Unrelated Donor
□ Donating Umbilical Cord Blood
□ Emotional Challenges
□ Preparing Family and Friends
□ Insurance and Financial Issues
□ Protect Your Fertility
□ Preparing For Your Child's Transplant

Role of the Family Caregiver
□ The Transplant and Early Recovery Period
□ Conditioning or Preparative Regimen
□ Day of Transplant
□ Early Recovery Period

Returning Home
□ Preparing a Safe Home
□ Preventing Infection
□ Nutrition after Transplant
□ Emotional Challenges After Transplant
□ Employment and Financial Health
□ Helping Children Cope

Graft-versus-Host-Disease (GVHD)
□ Acute Graft-versus-Host Disease (aGVHD)
□ Chronic Graft-versus-Host Disease (cGVHD)
□ Skin GVHD
□ Eyes and GVHD (Ocular GVHD)
□ Mouth and GVHD (Oral GVHD)
- Lungs and GVHD
- Liver, Gastrointestinal Tract and GVHD
- Genitals and GVHD
- Nervous System and Muscles GVHD
- Infection and GVHD
- Side Effects of GVHD Treatment
- Clinical Trials/New Treatments for GVHD
- Coping with the Stress of GVHD

- Late Complications
  - Learning and Memory Problems
  - Chronic Fatigue and Sleep Problems
  - Sexual Health after Transplant
  - Peripheral Neuropathy
  - Late Effects on Organs and Tissues
  - Secondary Cancer
  - Late Effects of a Pediatric Transplant
  - Relapse

- Life after Transplant
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Protect Your Fertility

Most patients are infertile after transplant. Learn about options that may preserve your ability to have a biological child after transplant.

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- Protect Your Fertility

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