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
  - Mouth and GVHD (Oral GVHD)
  - Eyes and GVHD (Ocular 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
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
- Medical Centers Offering CAR T-cell Therapy
- Join the CAR T-cell Therapy community

**Transplant Center**

**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: Daniel'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 Celebrating a Second Chance at Life Survivorship Symposium
  - Agenda 2021
  - Registration
  - Just Write: No Experience Required!
  - Meet Our Faculty
  - How Does a Virtual Symposium Work?
  - 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©dula BÁ¨sea y de CÁ©lulas Madre SanguÁ©neas: Una GuÁ©a Para Pacientes y sus Seres Queridos
  - Enfermedad Injerto contra HuÁ©sped: QuÁ© necesita saber. QuÁ© necesita hacer.
  - Terapia de CÁ©lulas CAR T: QuÁ© Esperar Antes, Durante y DespuÁ©es
  - 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

Search form

Search

BMTinfonet.org

- 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
  - 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
  - Medical Centers Offering CAR T-cell Therapy
  - Join the CAR T-cell Therapy community

- Transplant Center

- 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
  - Sickle Cell: Khadijah's Story
  - Non-Hodgkin Lymphoma: Patricia's Story
  - Acute Lymphoblastic Leukemia (ALL): Nikki's Story
  - Hemophagocytic Lymphohistiocytosis (HLH): Mishal's Story
  - Acute Lymphoblastic Lymphoma + Ph: Daniel'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 Celebrating a Second Chance at Life Survivorship Symposium
    - Agenda 2021
    - Registration
    - Just Write: No Experience Required!
    - Meet Our Faculty
    - How Does a Virtual Symposium Work?
    - Sponsors

- Publications and Products
  - Books
Emotional Challenges

It's important to pay attention to your emotional well-being as you prepare for transplant.

You are here

- Home
- Emotional Challenges

Share this page <;

Share This Page

© 2021 BMT Infonet All rights reserved.