

## Health Screening Document

This document provides further information regarding some of the health categories and issues listed in the Health Guidelines.

### Remember, to join the Be The Match Registry<sup>®</sup> you must:

- Be between the ages of 18 - 40
- Be committed and willing to donate to any patient in need
- Meet the health guidelines

If you have, or had any of these health diagnoses listed below, you will not be able to join the registry. Talk with a Be The Match representative to find other ways you can help save patient lives!

### Hepatitis B or C

### HIV

### Organ, marrow or stem cell transplant recipient

### Stroke or TIA (transient ischemic attack)

### Autoimmune Illnesses

You are **not** able to join if you have an autoimmune illness that affects your whole body including:

- Addison's disease
- Ankylosing spondylitis
- Chronic fatigue syndrome
- Fibromyalgia
- Multiple sclerosis
- Rheumatoid arthritis
- Severe psoriasis
- Sjogren's syndrome
- Systemic lupus erythematosus

However, you **ARE** able to join if you have an autoimmune condition that affects one organ system that is mild and well-controlled or you are fully recovered, including:

- Celiac disease
- Crohn's disease
- Graves' disease
- Guillain-Barre syndrome
- Hashimoto's thyroiditis
- Mild psoriasis
- Meniere's disease
- Raynaud's syndrome
- Ulcerative colitis
- Vitiligo

### Brain injury or surgery

You are **not** able to join if you had a brain injury or surgery that includes:

- Surgery into your brain through your skull (craniotomy)
- A serious injury that caused bleeding into your head or brain tissue
- More than 6 concussions in your lifetime
- Symptoms from a concussion that lasted more than 72 hours
- A severe concussion where you were unconscious more than 1 hour

### Blood cancer or disorder

You are **not** able to join if you ever had:

- A blood cancer
- An aneurysm
- A deep vein blood clot
- A blood or a clotting disorder

### Cancer

You are **not** able to join if you ever had the following cancers AND had chemotherapy:

- Basal cell skin cancer
- Bladder *in situ*
- Breast *in situ*
- Cervical *in situ*
- Melanoma *in situ*

- Squamous cell skin cancer

**OR you had cancer that was:**

- Diagnosed within the past 5 years **OR**
- Had a recurrence or metastases **OR**
- Required chemotherapy or radiation\*

*\*Localized bead radiation treatment for breast cancer or prostate cancer is acceptable. Radioactive iodine treatment for thyroid cancer is acceptable.*

**Chronic neck, back, hip or spine pain**

**You are not able to join if** you have on-going, chronic, significant pain to areas of the neck, back, hip or spine that:

- Interferes with your daily activities **AND**
- Requires daily prescription pain medication **OR**
- Requires regular physical therapy **OR**
- Requires regular chiropractor treatments

**Diabetes**

**You are not able to join if** you have diabetes that:

- Requires insulin
- Is poorly controlled by diet or other agents
- Has caused problems with your kidneys, eyes, nerves (neuropathy) or other organs

**Heart diseases, a heart attack, or other heart-related issues**

**You are not able to join if** you have heart disease or have had surgery that includes:

- Angioplasty
- Atrial fibrillation
- Heart attack
- Heart-related chest pains
- Heart disease such as coronary artery disease
- Heart surgery (*excluding successful cardiac ablation*)
- Pacemaker
- Valve replacement

**Medications**

**You are not able to join if** you are currently taking any of the following prescribed medications:

- Blood thinning medications (e.g., Coumadin (warfarin), Xarelto, Plavix, Lovenox, Ticlid)
- Cardiac medications (e.g., nitroglycerin, Isordil, Lanoxin (digoxin)) [Does not include medication used to treat high blood pressure]
- Chemotherapy
- Immunosuppressive medications (e.g., Imuran, Cyclosporine, Cytoxan, Humira, Enbrel, Remicade, Raptiva)
- Insulin
- Long-term steroids (pills) for more than 3 months (e.g., prednisone, hydrocortisone, Decadron, Hydrocortone, Medrol)
- Prescription narcotics or prescription pain medications used on a daily or frequent basis