

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® you must:

- Be between the ages of 18 – 44
- Be committed and willing to donate to any patient in need
- Meet the health guidelines

If you have, or had any of these health diagnosis listed below, you will not be able to join the registry. Please talk with the Be The Match® Representative for other ways you can help save patients' 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

| Height | Max. weight (lbs.) | Height | Max. weight (lbs.) |
|--------|--------------------|--------|--------------------|
| 4'10" | 191 | 5'11" | 286 |
| 4'11" | 198 | 6'0" | 295 |
| 5'0" | 204 | 6'1" | 301 |
| 5'1" | 211 | 6'2" | 310 |
| 5'2" | 218 | 6'3" | 321 |
| 5'3" | 225 | 6'4" | 328 |
| 5'4" | 233 | 6'5" | 339 |
| 5'5" | 240 | 6'6" | 345 |
| 5'6" | 247 | 6'7" | 355 |
| 5'7" | 255 | 6'8" | 363 |
| 5'8" | 263 | 6'9" | 374 |
| 5'9" | 270 | 6'10" | 381 |
| 5'10" | 278 | 6'11" | 392 |

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