

Mail says...



TOP 10 MOST
POPULAR
STORIES
ONLINE
YESTERDAY

1

Turned down for 50 jobs, all because she's a girl?

2

Son floors mum's new hubby

3

Green light for 1,700 homes – despite grave misgivings from councillors

4

Swadlincote plans for high speed rail is a 'distraction' – MP

5

Pupils draw swords in hasting recreation

6

Car thief jailed after 100mph police chase

7

The 'disgraceful' rise of zero-hour contracts

8

Judge lambasts drug dealing pair for part in 'spreading evil' through Burton

9

Council rejects pleas to dodge the 'bedroom tax'

10

Forced off the roads for development traffic

News Analysis

The Mail takes an in-depth look at what's making the headlines

Ins and outs of being bone marrow donor

by Rob Smyth
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FOR the past week, the Mail has been running stories as part of its Take Five Minutes Campaign.

Katherine Sinfield, of Balfour Street, opened up her life to readers as she revealed that she needs a bone marrow transplant to save her life after being diagnosed with leukaemia.

The 32-year-old teacher has urged people to 'take five minutes' to see if they are a bone marrow match.

Now, as part of the campaign, here is a detailed breakdown of how you can get tested and what happens if you find out you are a match.

A bone marrow transplant is the only cure for Katherine and so the search has begun to find her a match.

Bone marrow is a soft tissue found in the centre of certain bones in your body.

With the NHS British Bone Marrow Registry, people must be aged between 18 and 49 years old and be a blood donor.

You can join when you next give blood, or at the same time as your first donation.

At the time of your blood donation they will take an extra blood sample, so that they can identify your tissue type for the registry from your DNA – the genetic material our bodies are made up from.

You must inform staff at the blood donation session that you wish to join the marrow register before your blood donation is taken.

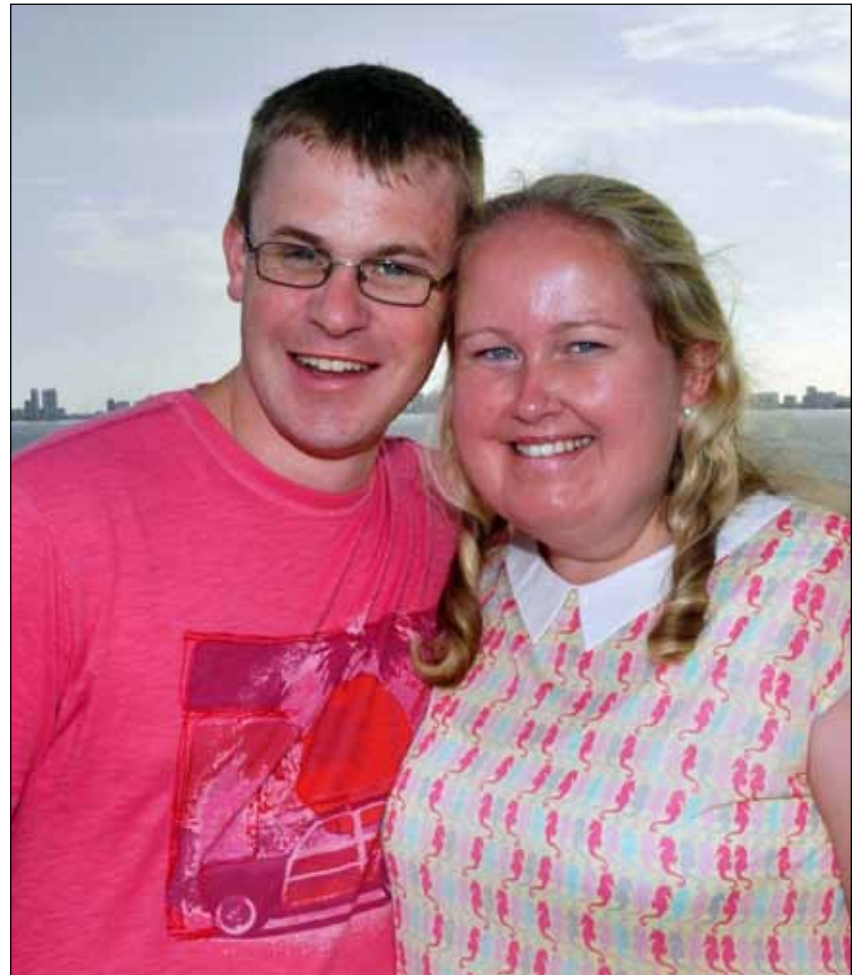
More information is available by calling the National Blood Service Donor helpline on 0300 123 2323.

The other method is through the Anthony Nolan Trust which uses its register to match potential bone marrow donors to blood cancer patients in desperate need of a bone marrow transplant.

Anyone aged 16 to 30 can sign up online by visiting www.anthonynolan.org filling in a short application form and providing a saliva sample.

If you are identified as the best possible match with a patient, the NHS will ask your permission to pass your details on to the Anthony Nolan Trust. If you agree Anthony Nolan will then invite you to come into one of their centres for an explanation of the procedures from one of their clinical staff.

You will also have a thorough medical examination by a doctor and you will be asked to give your consent for a



HOPING FOR HELP ... Katherine and husband Stephn are appealing for people to come forward to test to see if they are a bone marrow match.



number of blood tests to ensure there is no medical reason why you shouldn't donate.

There are two possible ways of donating stem cells which you may be asked to consider.

The first, and most frequently used, is to donate stem cells from circulating blood.

For the four days preceding the donation a nurse will inject you with a drug which vastly increases the number of stem cells in your circulating

blood.

On the fifth day you will have a blood test to check that you have enough circulating stem cells.

You will then be connected to a cell-separator machine which collects the stem cells from your blood via a vein in one arm, returning the blood to your body through a vein in your other arm.

The second method is donation of bone marrow itself, which involves the removal of stem cells from your hip bones.

This is done using a needle and syringe under a general anaesthetic in a hospital.

As there may be some discomfort where the needle has been inserted, you will need to stay in hospital for up to 48 hours and have a period of recovery at home of up to five days.

Katherine's diary— Her account of her ongoing cancer battle



AS usual, the morning started with blood being taken for testing at 6am and an antibiotic infusion through my Hickman Line.

I was then visited by two doctors who said that my haemoglobin levels were low and that I may need to have blood transfusions at some point throughout the day.

The specialist dermatologist visited to re-assess the rash on my feet and he decided that I should receive a fungal drip through my Hickman Line and a new tube of cream.

A nurse also took swabs of my feet and the swelling on my back. By the middle of the afternoon I

was on an antibiotic drip and later I was placed on the fungal drip.

My temperature spiked at 6.30pm to 38.1 degrees but a subsequent retest was more promising at 37.9.

I'm hoping the weather's still hot by the time I am allowed home for a few days.

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