

Yoshisada Yonezuka is a 2 time US Olympic Judo, and 3 time World Judo coach well known and respected in the community on a national and international level.



Recently diagnosed with MDS (Myelodysplastic Syndrome) his family and friends are trying to spread the word about the bone marrow registry for patients like him in need of a transplant.

Learn how you could help Yoshisada, or many other patients by signing up for the registry!

## You have the power to save a life. Join. Give. Volunteer.

### Join the registry.

Please come and see if you can be the one to save a life!

9:00am to 11:00am - April 6, 2014  
Industry Sheriff Tournament  
La Puente High School  
15615 East Nelson  
La Puente 91744

To join, you only need to be between the ages of 18-44, be willing to donate to **any patient** in need and meet the health guidelines.

### Please give what you can.

Every \$100 raised helps us add another member to the registry.

[www.a3mHOPE.org](http://www.a3mHOPE.org)

To join, give or volunteer with Be The Match, contact:

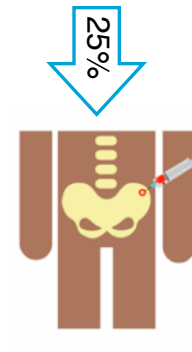
**Kenshin Kubo**  
[KKubo@a3mhope.org](mailto:KKubo@a3mhope.org)  
(213) 625-2802 ext 103



244 S. San Pedro St. #503  
Los Angeles, CA 90013  
[www.a3mHOPE.org](http://www.a3mHOPE.org)

## Things to know before you join

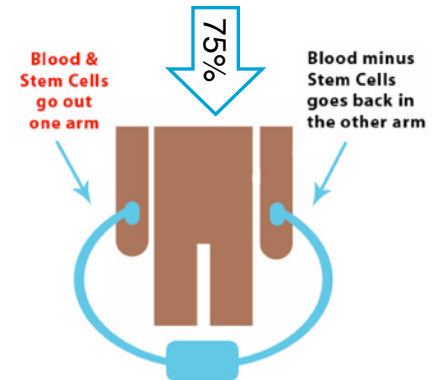
- Today is a simple cheek swab; you are NOT donating your marrow stem cells today.
- You will only be asked to donate IF you are a match.
- IF you ARE a match, please be willing to do either donation process:



### Marrow Donation

A small amount of marrow is collected from your hip bone using a needle and syringe. Anesthesia is used during this procedure.

Normally donors are sore for about 1 week. Your marrow completely replenishes within a few weeks.



### PBSC Donation

You receive filgrastim injections for 5 days to increase your blood-forming cell count. You may experience flu-like symptoms.

Blood is drawn from your arm, passes through a machine that separates the cells needed, and the rest of your blood is returns through your other arm.

- Agree to further blood tests IF you come up as a match from your swab test.
- Agree to donate to ANY patient.
- Average commitment is about 30-40 hrs spread over 4-6 weeks. (including information phone sessions, travel, testing & exams, donation process)
- Agree to remain on the registry until your 61st birthday.