The mission of the National Bone Marrow Transplant Link is to help patients, caregivers, and families cope with the social and emotional challenges of bone marrow/stem cell transplant from diagnosis through survivorship by providing vital information and personalized support services.

Visit us online at www.nbmtlink.org or call 1-800-LINK-BMT.
The National Bone Marrow Transplant Link (nbmtLINK) has been linking curing and caring since 1992, providing a number of services and resources designed to meet the needs of patients, survivors, caregivers, and health professionals around the country. To order copies of any of the resources listed below, visit www.nbmtlink.org or call 1-800-546-5268.

**Bone Marrow/Stem Cell Transplant: Frequently Asked Questions (Spanish/English)** – Patients and families often have many questions when considering transplant as a treatment option. They are concerned about the risks and costs associated with their care and need unbiased information to help them make informed decisions. The booklet discusses the answers to 20 pertinent questions and includes a comprehensive resource listing.

**Survivorship Guide for Bone Marrow/Stem Cell Transplant, Coping with Late Effects** – This informative booklet is rich with insight, tools, and advice to help survivors thrive. Written by a two-time transplant survivor, it offers information on a number of post-transplant topics, such as Chronic Graft versus Host Disease, Emotional Well-Being, Sexuality and Intimacy, Returning to Work, and Caring for Your Body.

**Caregivers’ Guide for Bone Marrow/Stem Cell Transplant, Practical Perspectives** – This award-winning publication recognizes the role of BMT caregivers, promotes their involvement in the health care team, encourages others to support their work as a caregiver, empowers them to seek out educational and emotional support, recognizes the rewarding aspects of caregiving, and lessens their feelings of isolation. It offers practical advice and profiles in “carevivorship.”

**Voices of Hope & Healing** – This publication includes a collection of inspirational stories, poems, and practical advice from bone marrow/stem cell transplant (BMT) survivors and family members. This patchwork of voices serves as a source of support through a connection with individuals who have been through the transplant process.

**The New Normal** – This Emmy Award-Winning video is an incredible story told through the voices of six transplant survivors and their caregivers. Although no film can fully prepare an individual for what they will face during a bone marrow/stem cell transplant, *The New Normal* provides information, inspiration, and hope. DVD now available. *Also available on YouTube at [www.youtube.com/nbmtlink](http://www.youtube.com/nbmtlink)*

**Webcasts/Podcasts** – The nbmtLINK has produced the following webcasts/podcasts in collaboration with experts in the field to bring you helpful information about transplant-related topics:

- Meeting the Challenges of Chronic Graft versus Host Disease in Children and Adolescents
- Coping with Chronic Graft versus Host Disease
- Impact of Cancer and Bone Marrow Transplant on Spouse-Caregivers
- Understanding & Coping with Chronic Graft versus Host Disease (cGvHD)

*All webcasts/podcasts can be accessed at [www.nbmtlink.org/webcasts](http://www.nbmtlink.org/webcasts)*

**Peer Support On-Call** – Patients, caregivers, and survivors can have a one-on-one conversation with a trained peer support volunteer (BMT survivor or caregiver) who can understand their feelings and provide an empathetic point of view.

**Telephone Education/Support Groups** – “Coping with Chronic Graft versus Host Disease,” is a four-week program that educates survivors and caregivers about treatment, symptom management, and methods to improve health and well-being. Each group is facilitated by staff from the National Institutes of Health.

**Celebrating Second Birthdays** – This program recognizes the progress and accomplishments of the BMT survivor and family. It acknowledges and honors over 500 BMT survivors with a specially designed “re-birthday” card during the month of their transplant anniversary. To sign up to be recognized, please email cindygoldman@nbmtlink.org or go to our website: [www.nbmtlink.org](http://www.nbmtlink.org)

Our publications can be ordered or downloaded from our website at [www.nbmtlink.org](http://www.nbmtlink.org) or call 800-546-5268.