

National Marrow Donor Program® **DONOR HEALTH GUIDELINES**

PLEASE READ CAREFULLY

All donors must be **18-60** years of age and must **NOT** have any of the following:

- **Serious asthma** (asthma that is exercise-induced or controlled with an inhaler with no attack in last 5 years is acceptable)
- **Serious back problems** (lower/lumbar region)
- **Heart disease** (have or be at risk for)
- **Diabetes that is uncontrolled or insulin-dependent**
- **History of cancer** (cured basal or squamos cell skin cancer or breast, bladder or cervical cancer *in situ* is acceptable)
- **Hepatitis B or C** (have or be at risk for)
- **HIV (AIDS)** (have or be at risk for)
- **Epilepsy** (controlled by medication is acceptable)
- **Chronic Lyme Disease**
- **Tuberculosis within the last 2 years**
- **Malaria within the last 3 years**
- **Organ, bone marrow or tissue transplant**