

# Are you eligible to join the Registry?

NATIONAL  
MARROW  
DONOR  
PROGRAM®

*life.*  
It's in you.

## All you need is to:

- 1 Be between the ages of 18 and 60
- 2 Be willing to donate to any patient in need
- 3 Meet health guidelines

These conditions would prevent you from joining the Registry:

- HIV, or at risk for HIV
- Hepatitis, or at risk for hepatitis
- Most heart diseases
- Most cancers
- Chronic lung disease
- Autoimmune disorders such as lupus, rheumatoid arthritis and multiple sclerosis
- Diabetes requiring insulin or diabetes-related health issues
- An organ or marrow transplant
- Significant obesity (see below)

## Height and Weight Donor Guidelines

Height	Maximum Weight (in pounds)	Height	Maximum Weight (in pounds)
4'10"	191	6'0"	292
4'11"	198	6'1"	301
5'0"	204	6'2"	310
5'1"	211	6'3"	321
5'2"	218	6'4"	328
5'3"	225	6'5"	339
5'4"	233	6'6"	345
5'5"	240	6'7"	355
5'6"	247	6'8"	363
5'7"	255	6'9"	374
5'8"	263	6'10"	381
5'9"	270	6'11"	392
5'10"	278	7'0"	400
5'11"	286		

**Not eligible?  
Ask for other  
ways to help.**