

Plooschter Projet asbl
30, rue du cimetièr
L- 3715 Rumelange
CCPLULL **PLOOSCHTERPROJET**
IBAN LU67 1111 7033 0252 0000



www.plooschterprojet.lu
like us on Facebook
info@plooschterprojet.lu
Tel.: +352 621 69 51 55

Plooschter Projet

SENSIBILISIERUNG UND AKTIVE HILFE
FÜR KREBSKRANKE MENSCHEN

Summary English

WHAT IS „PLOOSCHTER PROJET“? (ENGLISH: „PLASTERPROJECT“)

Hi, my name is Yannick Lieners and I was diagnosed with chronic myelogenous leukemia at the age of 25. My form of leukemia can be treated with medicine. During my therapy I might have to rely on a stem cell or blood donation. However, there are other patients who have a more severe form of leukemia and depend on a stem cell donation. These patients have to go through a heavier form of chemotherapy and are healthy only for about one month after said therapy. During this month, they have to find a convenient donor so they do not relapse and have to go through the therapy again. In Luxembourg, every third patient does not find a suitable donor because not enough people are registered stem cell donors. Therefore, I decided to set up the project. Hence, the goal of this page is to convince as many people as possible to register themselves as stem cell donors and possibly save a leukemia patient's life.

Wondering about the process?

1) Register as stem cell donor

Step 1: You need to go to head to one of the four Ketter Thill offices

You need to go for a blood analysis. They can be done in one of these four Ketterthill offices :

1. Esch 52, boulevard J.-F. Kennedy Tel.: 4882881
2. Luxemburg-Stadt 8, rue Notre Dame L-2240 Luxembourg Tel.: 4882881
3. Luxemburg Kirchberg 15, rue Edward Steichen L-2540 Luxembourg Tel.: 4882881
4. Ettelbrück 26-30, avenue J.-F. Kennedy L-9053 Ettelbrück Tel.: 4882881

The exact addresses and opening hours can be found at ketterthill.lu.

In the offices, you fill in a form about your health status (also available on the internet) and do a blood analysis that determines your blood type.

Unfortunately, not everybody is able to register as a stem cell donor. The criteria are to register are:

- **Between 18 and 40 years old (people between 40 and 50 years have to pay 40€) However, at one of our events, we cover these costs**
- **Weight superior to 50 kg**
- **As a woman, not more than two or more children (miscarriages included because of the antibodies in the blood)**
- **Being healthy (as determined through the form)**

You don't need an appointment and the procedure is free. However, it is advised to go in the afternoon when it is not as busy. The whole process takes about 5 to 10 minutes and you are allowed to eat something before. After this analysis, you are registered in a global database. You can resign from the database at any time.

If you have any additional questions, e-mail: info@plooschterprojet.lu

Step 2: the actual stem cell donation

(only if you are a convenient donor)

It is possible that you will never be contacted for a stem cell donation (the chances of matching are about 5%). However, once a leukemia patient needs your stem cells, you can go ahead with the donation. In this case, you have to do a more specific medical check in Birkenfeld (Germany). Following the check-up, you undergo a treatment of injections you can make at home to activate your medulla during five days. Then, the actual donation can be done in Birkenfeld (3 to 5 hours, usually no costs). With this donation you can save a leukemia patient's life!

For people who are not eligible for a blood donation or stem cell:

2) Normal blood donation at „Croix-Rouge“

Here, the criteria are less severe:

- **Between 18 and 70 years old**
- **Weight superior to 50 kg. People from 45 to 50 kg can do a plasma donation.**
- **Being healthy**
- **After travels to certain parts of the planet, you can't do a donation for some time.**

These blood donations can always be done in Luxembourg-City (42, boulevard Joseph II L-1840 Luxembourg) and sometimes in different places of the country too (which are indicated on the website). For blood donations, you have to make an appointment via telephone: 00352 27 55-4000. You can eat before the donation.

For any additional questions, you can contact the „Croix Rouge“ line. All additional information can be found here:

Alle weiteren Informationen finden Sie hier: www.croix-rouge.lu/de/sauvez-une-vie/

3) Register as an organ donor

Usually, the family of the concerned person is contacted to take the decision of organ donations. To take this decision from them and to allow the doctors to act quickly, it is very important to have an organ donor ID. :

All the information can be found here: www.protransplant.lu

For additional questions, you can contact this number: 00352 691535353 an.

Your organ donor ID can be requested online and will be sent to you by post. You can do this on the Protransplant internet site via the following link: www.protransplant.lu/index.php/le-don-d-organes/weri

4) Money donations

You can donate directly to Plooschterprojet, account number below :

Owner: Plooschterprojet

BIC: CCPLULL LU67 1111 7033 0252 0000

With your donations we support the following organisations :

Fondation Cancer: www.cancer.lu

Fondatioun Kriibskrank Kanner: www.fondatioun.lu

Stefan Morsch Stiftung: www.stefan-morsch-stiftung.com



After your blood donation, you can take a picture of yourself that shows the plaster on your arm. You post the picture on this page and make it your profile picture so that your friends can see it, share it and other people are encouraged to take action. If you can't make a blood donation, you can post your donation transaction or organ donor ID on the wall and as a profile picture. Ideal would be a picture that includes a plaster, so get creative! I am very happy if you consider taking part in one, or even more of the actions..

5) The goal

The Goal of this page is on the one hand to raise awareness of the subject and on the other hand to create an active support for leukemia patients. If you do a blood donation, you have to get informed and deal with the subject and have the possibility to save somebody's life! Personally, it gives me strength to fight against leukemia if I see as many people as possible taking action to help and participate in the project!.

**BECOME A
STEM CELL DONOR,
SAVE A LIFE!**

www.plooschterprojet.lu