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# 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





### Conditions required to become a stem cell donor:

1. Be between 18 and 40 years old. Once registered, donations are possible up to 60 years of age (exceptions are made with minors aged 16-18 where parents need to sign a consent form).
2. Maximum of 2 pregnancies (miscarriages included),
3. Weigh more than 50 kg,
4. Be healthy,
5. Be a resident of the Grand-Duchy of Luxembourg or have the Luxembourgish nationality or be a resident of Germany or have the German nationality,
6. Fill in a health questionnaire,
7. Provide a blood or a saliva sample.

For more information visit:

**[www.plooschterprojet.lu](http://www.plooschterprojet.lu)**

**[www.facebook.com/plooschterprojet](https://www.facebook.com/plooschterprojet)**

e-mail: [info@plooschterprojet.com](mailto:info@plooschterprojet.com)

bank account: CCPLLULL IBAN LU67 1111 7033 0252 0000

### Becoming a stem cell donor is easy: There are two possibilities:

1. **Register at home:** You can take an appointment by calling 8002 40 40 and letting them know that you want to register as a stem cell donor. Following your call, a nurse will then visit you at home to enable your registration.
2. **Register in a laboratory:** You can also register in the different „picken doheem“ and in all of the Ketter Thill laboratories. You can find a list of all the potential laboratories on our website.

Bione<sup>•••</sup>t LAB

picken  
doheem

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## 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/](http://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](http://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/wer](http://www.protransplant.lu/index.php/le-don-d-organes/wer)

## 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](http://www.cancer.lu)**

**Fondatioun Kriibskrank Kanner: [www.fondatioun.lu](http://www.fondatioun.lu)**

**Stefan Morsch Stiftung: [www.stefan-morsch-stiftung.com](http://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](http://www.plooschterprojet.lu)