

Thoughts and Comments from Patients – 2025

More than 40 years post transplant

- *Along with my donor, my brother, we celebrated the 40th anniversary of my CML transplant. For about 35 years we spend four days in Las Vegas to mark the occasion. Four months after returning home from Seattle I began a new career as a 911 dispatcher. As I write this I'm four days from retirement. It has been a wonderful career allowing me to help countless people who were in danger, sick, injured, lost in the desert or on a mountain. I've delivered babies, guided CPR under dozens of circumstances and comforted people who I listened to pass away while help was on the way. Allogeneic transplant 1984 – now 64 years old*
- *I recently had my 43rd transplant anniversary! I am healthy in every way and have loved a life where problems of my own doing far outweigh the ones from my transplant days. Ha ha! Because of my transplant I lived differently. I've never counted on any year I have received. Somewhere around 20 years post-transplant I realized that I was as likely as anyone else to live a normal life, but I do so with the precious knowledge of what that felt like to nearly have it taken away. I choose to see it as the second best gift I received (1st of course was my new marrow) and honor it by living my life in the best way I know how! Allogeneic transplant 1981 – now 54 years old.*
- *This is [spouse] of [patient]. [Patient] filled this out in December 2024. He passed away of a massive heart attack in his sleep. We were married for 55 years and have 2 children, 6 grandchildren and 5 great grandchildren! Thank you for giving life to [Patient] for the 40 years since transplant!! Allogeneic transplant 1988 – was 72 years old.*
- *I am enjoying life. It has been 51 years since my transplant. I thank God and Jesus every day for helping me through the transplant and now through the heart attack. I don't take anti rejection drugs and I feel fortunate to be alive and pain free. Especially, when one doctor had told my sister I only stood a 2% chance of living. Being ill at the time, I was angry with him and wouldn't let him touch me. I am still around to get bossy and give back to my family and community that wouldn't let me give up. Allogeneic transplant 1974 – now 62 years old.*
- *So delighted to be thriving 41 years post bone marrow transplant! For new patients: there is hope for a full life! Allogeneic transplant 1984 – now 65 years old.*
- *40 years post transplant. Hit my mid-fifties. Having some heart issues popping up and have had multiple skin cancers and thyroid cancer. Really wonder about the long-term effects of the heavy radiation treatment. Very thankful for the past 40 years and the life I have, but wish there was real information on what damage that treatment really may have done to my body over the long term. Allogeneic transplant 1985 – now 55 years old.*
- *Just happy to be here - very happy and in pretty good condition as I stare down my 70th birthday next year - and grateful to Fred Hutch for accepting a heavily-relapsed lymphoma patient in 1984 after every other transplant center in the US turned me down. Allogeneic transplant 1984 – now 69 years old.*

Staying active

- *The final outcome for me has been totally miraculous. I got to be around for my kids to grow up and become just wonderful productive and kind adults. And I got to be here now for my two grandchildren to be born. I live in very rugged mountainous country, the Gulf of Alaska coastal town of Seward. I hike over five miles a day and frequently climb up to the high country at the*

age of 72. What can I say, my health is just beyond belief compared to the absolute wreck that I was when I came to Fred Hutch. You did this for me. Please know how much good you all do. Allogeneic transplant 2004 – now 72 years old.

- *Eleven years post- transplant and I feel great!! At age 70 I'm in better shape than most of my friends, and although recovery was long and sometimes difficult, to be at this point in my life now is....a MIRACLE! A miracle that you made a reality. After being in the hospital for so long and getting so weak, I wondered if it could ever be possible to walk by the ocean just one more time. Now, you can find me down there walking several times a week! How wonderful is that! Thank you heroes. Allogeneic transplant 2014 – now 70 years old.*
- *My motto is "keep moving." I lift weights three days a week and spend 1/2 hour on the treadmill every day. I feel blessed to still be alive. Autologous transplant 2014 – now 73 years old.*
- *I travel quite a bit and share time with family walking the dog, paddleboarding, kayaking, etc. and have a good quality of life! I have had several health scares throughout the years, which remind me how precious life is! Autologous transplant 1993 – now 61 years old.*
- *I have traveled to 49 states and 51 countries and 6 continents. My husband and I just signed up to take the cruise to Antarctica to pick up our 7th continent. We will be doing the polar plunge, camping out on the ice and kayaking. At 21 and a senior in college, my doctors said I had 3 months to 3 years to live with traditional treatment for AML. And then we heard about the Hutch and the rest is history! Allogeneic transplant 1984 – now 62 years old.*
- *Enjoying retirement activities such as playing piano, bowling, and road trips with my wife. It might sound funny but, I actually miss all you wonderful folks at the Hutch. You are just the best, most committed and helpful people I have ever met. Thank you for saving my life! Allogeneic transplant 2009 – now 72 years old.*

Avascular necrosis

- *Next year is the big 10 years post-transplant for me, but this year still felt pretty special. Sometimes I dwell on all the time lost dealing with cancer twice and two transplants, its easy to get caught up in what was missed. But then I remember I am still here, even when I didn't think I would be at certain points during treatment. I think I've come to terms with all the side effects of the treatments, but its still really hard being 40 and having bilateral hips and knee replacements. AVN is no joke, I have it in other joints as well. Can no longer fully extend my right elbow, which is frustrating and quite limiting. But I am still mostly able to do all the things I want. And I try not to dwell on those I wish I could do but can't no longer. Allogeneic transplant 2016 – now 39 years old.*
- *My life is pretty normal. I work full time and am successful at my job. I am very thankful and feel blessed that I have made it this far. My issues stem from AVN in my knees, hips, wrists and ankle. They keep me from being able to walk long distances. I have had joint replacements in both knees, hips and one ankle. The ankle replacement was successful with AVN and my case was presented internationally by my surgeon. My wrists prevent me from doing anything like push ups because I don't have full range of motion. I am deaf in one ear. I would love to walk without pain but that will not be possible. Allogeneic transplant 1994 – now 60 years old.*

Giving back

- *I was missing a true purpose in my life. Leukemia and MDS brought me both, in large part due to the incredible care and treatment that I received at Fred Hutch. I know not everyone has my good fortune, and that is why I do what I can for the BMT community. Thank you so much for giving me this opportunity. Allogeneic transplant 2015 – now 61 years old.*
- *I am able, willing, and available to share my successful transplant experiences and want to give back anything I can to help other transplant patients. My goal is to help support Fred Hutch in their constant search for more personal and technical data in developing and improving the bone marrow transplant process. Allogeneic transplant 2023 – now 71 years old.*
- *I'm starting PA school in June and would like to do my elective clinical rotation at Fred Hutch. Autologous transplant 2023 – now 40 years old.*
- *Now 41 years later I can say that I was given a second chance at life that day I and have been so grateful for all of the life I have been able to experience since May, 1984. I hope that I have been able, in a small way, to contribute to the research and advancements in the field of transplantation. I never miss doing these questionnaires or participate in anything that I am asked to do to contribute to your research. You have helped me and thousands of others live a long productive life. Allogeneic transplant 1984 – now 75 years old.*
- *I don't know what to say but thank you. Thank you for your continuous work and dedication in helping not just me but others with dealing with cancer. I am willing to help out in any way possible. Thank you for a second chance at life. Allogeneic transplant 2014 – now 29 years old.*
- *As the parent of [patient], all I can say is THANK YOU. There was a long period of time that all I could do was pray that [patient] would be able to live a life, even if that meant she would get mad at me sometimes. I couldn't plan for anything beyond tomorrow because her body was so fragile and the duration of her existence was questionable. Today, though, my prayers are answered. She is in third grade, running in cross country, getting upset with me when I remind her to do her chores, and absolutely blossoming. To top off her beautiful and full life, I (mom) am near completion of my nursing program, where I get to pay it forward and help kids and parents that were in our position. [Patient] is my biggest cheerleader. She is incredibly bright, precocious, wise, funny, and ALIVE. I am grateful every day to the care team and all of the brains that collaborated to save her life. Thank you. (PS: please let me know if you have any research opportunities available for nurses. I want to get involved in the work that saved [patient]'s life so I can help other babies). Allogeneic transplant 2018 – now 8 years old.*
- *I can't believe I received my auto stem cell transplant 10 years ago! I'm so grateful for my life, and being able to enjoy the presence of my family and friends. I feel more tired and it's harder to keep up with people my age, but I'm mostly healthy and doing really good. I'm actually an Oncology Social Worker in a blood cancer clinic now, and helping patients get through their own transplant. I feel so fortunate that my transplant worked, and I'm able to live a full life with people I love. Autologous transplant 2015 – now 37 years old.*
- *Big year for me - 30 years since my BMT for leukemia so I wanted to celebrate - pay it forward again. Have done 5 marathons (1/2 walking) for the LLS including Light the Night functions/events. Even shaved all my hair off one year. I can walk, so this year I have decided to fly to Sydney Australia and participate in their City 2 Surf - 8.7 miles and raise \$3,500. Autologous transplant 1995 – now 62 years old.*

Fear of medical testing

- *I am going to Fred Hutch from Dec. 15-23rd for my one year check up. I am excited, but also terrified that they may find something that is a problem. Allogeneic transplant 2023 – now 66 years old.*
- *I am hopeful the tests I am undergoing now are not an indication of relapse. Autologous transplant 2019 – now 79 years old.*
- *Kudos to you at the LTFU study. I think reading other patients' comments is therapy in itself! Some remind me to count my blessings & be grateful. Others validate my own reactions emotions (the comment on "Dread Lab Test" and anxiety at Dr. appointments hit home). Autologous transplant 2012 – now 76 years old.*
- *I am generally pretty healthy and capable. This past week I have had a high fever and fatigue. I am usually very active, practice yoga or a high intensity workout 5 days a week. I can barely get out of bed now. This is bringing up a lot of trauma from when I initially got sick with AML, and especially my recovery from the transplant. My blood work is s**t. Hopefully we can figure out what is going on. Allogeneic transplant 2007 – now 48 years old.*

Sadness for those who did not survive

- *I am grateful for all the patients before me and all the research that was done. Now I hope that we can continue to move forward with all the advancement for the patients yet to come. I am sad for the friends that we made that did not survive. It still saddens me for their families. Allogeneic transplant 1978 – now 58 years old.*
- *I feel blessed to be one of the success stories, since my transplant I have resumed my normal life without restrictions. I take one thyroid pill a day, that's it. I know that not everyone had my results, I feel lucky and grateful that I did. I sympathize with those who struggled, I had a friend that did not survive his transplant (not at Fred Hutch), I know not everyone does. Allogeneic transplant 1997 – now 71 years old.*

Weakness after the transplant

- *I am susceptible to catching colds that often turn into bronchial problems. Each incident keeps me ill for 3 - 4 weeks. Unable to do much activity. My physical, sexual responses are 100% gone since the transplant and I cannot take hormones as they are too risky. Autologous transplant 2018 – now 64 years old.*
- *I used to always feel that I would rise to any challenge presented. I don't feel that way anymore. I feel like I lack the mental sharpness I once had, and feel the weight of small problems. Autologous transplant 2020 – now 63 years old.*
- *I have never been able to regain my strength back since transplant. I have no regrets about doing transplant and happy that I did it. Just wish I could regain strength. Autologous transplant 2009 – now 74 years old.*
- *Because of no active thyroid I struggle with my weight - and it usually wins. :(Autologous transplant 2006 – now 67 years old.*

- *The last 6 months has been more difficult than anticipated. I have experienced a rapid decline in my health and ability to care for myself. My dependency on my wife has really increased. I can no longer go exercise with my personal trainer. The "whole" mental aspect is much more difficult. To put it short, the brain works pretty well - but - the body does not! Allogeneic transplant 2017 – now 77 years old.*
- *My quality of life has gone from pretty good to pretty poor with the onset of severe fatigue over the last few months. But I remain confident that both the pleural effusion and fatigue will resolve with enough time. Keep the faith. Autologous transplant 1996 – now 70 years old.*

Not a guinea pig

- *Sadly so many have not been given the chance to see what tomorrow will bring them. I've been blessed with 40 years. No one knows what it will look like for my health going forward as I was the one who survived. Many did not. I send in the questionnaire so that those who had treatments will somewhat know of things they may encounter years later. I was the guinea pig. The experimental procedures and medications that saved my life had no precedence. Nothing known of the future or what side effects may arise years later. Here I am 40 years later, a pioneer in medical history and future. What will tomorrow bring? No one knows. But I will be sure to continue to send in the questionnaires as well as medical information that may help others in the future. Allogeneic transplant 1984 – now 46 years old.*
- *My quality of life is 100000000x better. I went to two other major medical facilities before SCCA and UW. Major nervousness until I landed at SCCA. Everything felt right and was handled with utmost professionalism and care. I was not a guinea pig, not a number, but a priority cared-for patient. Allogeneic transplant 2021 – now 40 years old.*
- *Throughout the process, I have felt my care at Fred Hutch Cancer Center was exceptional. I am particularly impressed with the follow-up on every aspect of my health. I volunteered to be involved in many studies and hope that that has resulted in enhancing the understanding of AML and it's causes. I am particularly interested in the genetic studies as my family has been greatly affected by this disease and I am hoping my children and grandchildren will have hope in the future for a cure. Allogeneic transplant 2022 – now 75 years old.*

Suggestions for improvement

- *A suggestion for long-term is that you provide patients with what to expect as a survivor 5-10-15-20 years down the road. I realize survival is more common today than it was even 12 years ago, and that your expectations for long-term outcomes and impacts have likely changed, but maybe a checklist of routine tests and/or diseases/conditions we are more prone to over time given exposure to chemo and radiation. Of course there are the usual things like exposure to the sun (skin cancer), cataracts, neuropathy that we were warned to watch for, but without [a doctor] telling me about the potential heart damage, I would have never known to have that checked. Allogeneic transplant 2012 – now 63 years old.*
- *Your newsletter said patients would like to get immunizations at the clinic. That would be great. It is a struggle to get them in the "wild". Even though I live in Idaho I would be happy to travel to get them from a place I trust. Allogeneic transplant 2022 – now 73 years old.*
- *I don't believe I have had any kind of comprehensive care in my life that came close to what I received at SCCA during my transplant. Having some centralized group of doctors actually*

managing care was eye opening. To a limited extent, LTFU has been able to do some of that, but nothing like what happened during treatment. I wonder if our American system could redefine the role of a PCP as more of a care manager. I think that has been the intention, but for the medically complex of us, or those of us who are shuttled off to specialists, the model breaks down, and we are often adrift having to interpret and make plans on our own. This is especially true when a specialist determines that theirs is not the problem. Then you are back to a confusing set of questions and possible avenues to pursue. This is just a general observation, not a criticism of LTFU. Allogeneic transplant 2013 – now 61 years old.

- *Fred Hutch does so many things so unbelievably good it is hard more me to ever be critical of anything there. You saved my life, and I love life so it does not get better than that. But I feel obligated to say one thing. You lack a holistic road map to empower patients after successful transplant to take control of their survival and become participants in a new life. To survive you must believe that you are responsible for yourself and the effect of taking that control back is profound and there is almost no help or awareness of the importance of that difficult job. Patients need help to reattach themselves to being in charge. Allogeneic transplant 2023 – now 71 years old.*
- *Would love to hear more emphasis or tips/tricks regarding increased wellness through food and diet as well as exercise regimens. I find I am better at/more successful to be told what to do rather than getting trapped going down rabbit holes online. Meal ideas, working out at home or links to diet and exercise would be very helpful. Much is discussed regarding past treatments and new ailments. Would enjoy more focus on boosting future health and keeping sickness at bay. I would derive more confidence about my health. Autologous transplant 2019 – now 62 years old.*
- *I say this every year, but feel like it is ignored or overlooked. There are a lot of items I wish I had known before and after my transplant that were not properly discussed that I am having issues with now. Physically, emotionally, mentally, etc. I wish there was or had been more prepping and information on that for what years down the road would look like. Allogeneic transplant 2014 – now 49 years old.*

Returning to work and school

- *Getting back into school has made me realize that it's harder for me to remember things and retain information that I learn. I was warned that total body irradiation could cause that but it seems worse than I expected. Allogeneic transplant 2022 – now 23 years old.*
- *We are overjoyed to see [patient] doing so well, back in school, playing with friends, just being a kid again. This day used to feel so far away, and here we are. Allogeneic transplant 2022 – now 9 years old.*
- *Our son is six years post transplant and in 2nd grade. He loves building legos, biking, and camping. He is a math whiz and an avid reader. Best of all he is happy and thriving! For the past six years not a day has gone by that we don't attribute his life to the care and dedication received by his team. Thank you won't ever be enough. Allogeneic transplant 2019 – now 7 years old.*
- *I have just celebrated my 4th anniversary of my Bone Marrow Transplant. My chances of survival were very slim. After 2 years at Fred Hutch and 4 major treatments I am back to work full time and enjoying my family and friends. I am very grateful for the awesome doctors and nurses at Fred Hutch that saved my life. I wish everyone happiness and good health. Every day is a gift. Allogeneic transplant 2021 – now 58 years old.*
- *The last 2-3 years I continue to feel better, normal. It was a long, tough road and there were times I never thought I'd get back to this point. I have returned to full time work, which caused a*

lot of anxiety at first. After being on disability for 10 years, I was scared. It has been a blessing. I feel more energetic, appreciated and it is so nice to feel useful again. Not a day goes by that I am not thankful for all of the support I received through treatment and of course the treatment itself. Allogeneic transplant 2013 – now 65 years old.

Hoping for additional treatments if I need them

- *My healthcare at Fred Hutch & UW Medical Center have been outstanding. The ease of getting treatments and procedures at these facilities are a game changer. When I was offered the chance to enter into a clinical study with Fred Hutch for my myeloma I jumped at the opportunity. Entering into the study allowed me to stay under the care of Fred Hutch so they could further study this disease and hopefully continue to make new treatments. Thank you. Autologous transplant 2023 – now 59 years old.*
- *This is the first year that I haven't felt "connected" to cancer. I am extremely grateful to all the doctors and researchers who have made that possible, and who continue to develop treatments that will help me if my mantle cell lymphoma returns in the future. Autologous transplant 2017 – now 52 years old.*
- *I am one year out and will have my next bone marrow biopsy next week. Labs look good and I feel fine. I feel very fortunate to have received the transplant and to live in a time when multiple myeloma treatments are proliferating and improving so quickly. Hopefully the transplant will be all I need, but good to know other options will be available. Autologous transplant 2023 – now 56 years old.*

Filling out the survey

- *For those of us completing this survey - lucky we are to be doing it! Let's all celebrate together if we're doing it again and again. Of course our bodies have been ravaged after all we went through and now I must add the aging process to my own package. But there is no denying the filling up of our souls with lifelong gratitude. It's a light inside that's always there. Sadly, friends without such a life experience, seem a little thin at times in their lighting. I remain forever grateful and continue to feel like one lucky duck!! Autologous transplant 2016 – now 68 years old.*
- *I enjoy and appreciate the questionnaire. I like the fact you want to keep up with my progress. Right now I am doing great. Allogeneic transplant 1974 – now 54 years old.*
- *I feel like the questionnaire wants people to be sick. I haven't had any issues since I had my transplant. I'm very grateful for the treatment I received but maybe changing the "survey" to a more personable essay response might be better. I really felt like you wanted me to be sick taking this survey. I'm 100% healthy. Mahalo Allogeneic transplant 1996 – now 57 years old.*
- *I like receiving this questionnaire every year. It reminds me of how much I worked to get where I am today. It was a struggle then. Now that I'm older (39 years later) and have more medical challenges it helps me to look back and remember how much I went through then. It gives me some strength to continue this path. Allogeneic transplant 1986 – now 59 years old.*
- *I am 12 years post-allo HCT and I am objectively in very good health for a 52 year old. I don't always fill this questionnaire out but it isn't because I am not grateful or don't want to contribute to the LTFU dataset. Life gets very busy and sometimes this survey falls off my radar. Thank you*

for all you do for your patients. In my opinion, FHCRC remains the aspirational example of what cutting-edge medical care can and should be. Allogeneic transplant 2012 – now 52 years old.

- *This [questionnaire] helps me document my journey. Thank you LTFU. You can't cure or help what you don't understand. Allogeneic transplant 2020 – now 70 years old.*
- *Thanks for all of your efforts in these yearly surveys. It seems odd, but it feels that someone out there cares. Allogeneic transplant 2015 – now 69 years old.*

Thank you to Fred Hutch, SCCA, UW, Seattle Children's

- *11 years post transplant, 64 yrs old and feeling great. I have 4 grandchildren I get to love on and life is really good. I owe this to you, Fred Hutch and UW hospital. There were times I never thought I'd be normal again. You all never gave up on me. Allogeneic transplant 2013 – now 64 years old.*
- *Fred Hutch has an amazing, well coordinated and efficient team of professionals. I have been truly blessed receiving care through your organization. Autologous transplant 2022 – now 71 years old.*
- *Tentatively planning a 20th anniversary of transplant trip to Seattle in 2025. Hope to track down all of my care team, i.e. "get the band back together again!" Allogeneic transplant 2005 – now 64 years old.*
- *Thank you for doing what you do for all of us. Allogeneic transplant 2016 – now 41 years old.*
- *All I can say is that I have had fourteen years (and counting) that I clearly would not have had were it not for the Hutch and my stem cell transplant in 2010. Allogeneic transplant 2010 – now 73 years old.*
- *Celebrated my 2 year anniversary. I hope to celebrate a whole lot more. I want to thank everyone at Fred Hutch, from front desk, nurses, PAs and doctors. The care was outstanding. Allogeneic transplant 2023 – now 70 years old.*
- *I would just like to say that even after 26 years I am still amazed by the extensive treatment that ultimately saved my life, and the skill and compassion I received from everyone involved! Thank you from the very bottom of my heart. Autologous transplant 1998 – now 68 years old.*
- *Health is doing great! Thank you very much for your compassionate care. I'm actually getting married on my transplant anniversary. I will never forget how you changed my life! Autologous transplant 2023 – now 72 years old.*
- *Thirty seven years post transplant seems like an eternity...yet it often seems like yesterday. In this season of gratitude I am thankful for all those involved in finding cures so that I could continue to live my life. Job well done! Autologous transplant 1987 – now 65 years old.*
- *I want to express my gratitude for the amazing care I received before during and after my transplant. While I was back home in Seattle last week, my sister's father in law was diagnosed with AML. We went to visit him on the 8th floor of the U of W - a place I haven't been in 18 years. At 83 years old, he didn't want to go through treatment, and it absolutely broke my heart, but it reminded me of how wonderful my transplant team was with my family. When we had to decide on my treatment plan, my husband asked my doctor if this was his wife, what would he do? He responded with compassion to my husband...and I'll never forget that interaction. People stop hugging you and treating you like a person when you are going through cancer because you*

become the patient. In that moment I wasn't just a patient. Thank you. Allogeneic transplant 2006 – now 51 years old.

- *Thank you all for saving my life. You guys are the best in the world. Thank you, thank you, thank you. Love you all. Allogeneic transplant 1999 – now 68 years old.*
- *My spouse, six children, 13 grandchildren and I want to thank you beyond words for the last 35 years! Now 77 years old. Allogeneic BMT 1/1990 for Acute Aplastic Anemia. God bless all of you for your research and work. Allogeneic transplant 1990 – now 77 years old.*
- *Thirty-nine years post-transplant (1985), 80 years old and going strong! Care at Fred Hutch was great! So thankful to the Hutch and my sister. Every day is a gift!! Allogeneic transplant 1985 – now 80 years old.*
- *All I can say is that I have had fourteen years (and counting) that I clearly would not have had were it not for the Hutch and my stem cell transplant in 2010. Allogeneic transplant 2010 – now 73 years old.*
- *[Patient] is very smart and performing above average academically vs his peers ... last year he joined the "Gifted and Talent" program from his school :)... Thank you again for the care and love he received from the extended medical team! Allogeneic transplant 2019 – now 8 years old.*
- *I am a walking miracle. Thank you Fred Hutch! Allogeneic transplant 1992 – now 65 years old.*
- *The staff at Fred Hutch - from schedulers to doctors - continue to be exceptional! Whenever I enter the building, I immediately feel a deep sense of gratitude, safe and cared for. I cannot imagine a more professional, skilled and compassionate team. Thank you for these last 4 years of a full life. Autologous transplant 2021 – now 70 years old.*
- *Every doctor and healthcare person I had interaction with were incredible. Their kindness and encouragement afforded me were key. They gave me much hope and I am as of Sept. 2025, still living. The docs and staff were so knowledgeable. Docs, especially--brilliant. Allogeneic transplant 2020 – now 77 years old.*
- *To this day I am amazed at what Fred Hutch has done for me and my family. You showed us how medicine should be practiced and gave me sooo many more years of amazing quality of life. I babysit my grandson and play with him all the time, travel with my husband and family to places all over the world and have been and will be at all of my children's weddings. Thank you all and all of the people before you that have sacrificed to do this for sooo many people just like me! Allogeneic transplant 2016 – now 61 years old.*
- *I will soon be 69 and don't plan on wasting any of the time you have given me. Allogeneic transplant 2015 – now 68 years old.*
- *I am super grateful to the amazing doctors and nurses at Fred Hutch and UW. The teams are amazing. I don't know how you have assembled such great teams with the way medical care is these days. Kudos to everyone, including the administrators. I am also grateful to the people (and animals) that came before me. Their sacrifices are considered and remembered. My life has changed a lot since my transplant and I am not the man I was before however I have a good life and am grateful for the extra time on this earth. I remember every day is precious and try to be a good person in the extra time I have been given. A BIG THANK YOU TO ALL FOR THIS TIME! I and my family are very grateful. Allogeneic transplant 2020 – now 59 years old.*
- *I am just so very grateful to everyone at Fred Hutch who helped me during the darkest hours of my life. I am back home raising my three kids and profoundly grateful to be here. You all lifted me up when I couldn't go any further. Whenever I had a need you all were there for me. I couldn't have asked for better care. Thank you. Allogeneic transplant 2024 – now 44 years old.*

- *Of course, I feel that the care at the Fred Hutch Institute has been stellar and lifesaving. I would not be here today without your institute's knowledge, personal diligences, and individual kindness. You need to know, that the individuals that work within your organization, though highly trained and efficient at their duties, it is their caring and kindness that is instrumental in the success of this treatment program. My thanks and blessings go to everyone from the scheduler / point of contact to the nurse who pokes me in a very painful way, they all do it with a sense of kindness :) Allogeneic transplant 2014 – now 71 years old.*

Thank you LTFU

- *I am so grateful that I have my transplant at Fred Hutch Center. I've called with questions over the past year and the LTFU staff is prompt in responding to my questions and concerns. My oncologist told me that Fred Hutch has an excellent follow-up program and she was right. Thank you! Allogeneic transplant 2023 – now 68 years old.*
- *Thank you very much for the support you provide to patients after they leave Seattle. I'm convinced it's critical to long term survival because things happen that even very good community physicians need help with. When I had two episodes of CGVH in my lungs and two episodes of PCP your diagnostic expertise and treatment advice kept me among the living. I am aware that I've had much better luck than most patients and recently passed the 28th anniversary of my transplant. But it's not only luck, it's also outstanding care from excellent local physicians and the ability to call on the LTFU when needed, and of course the support of my family, coworkers and friends. THANK YOU. Allogeneic transplant 1997 – now 77 years old.*
- *Thank you for your care and concern. I appreciate that I am part of the LTFU. It means a lot to me and gives me peace of mind. Allogeneic transplant 2017 – now 64 years old.*
- *I never I thought I would survive to retirement age. And now with 20 years with USFWS and in my mid-50s, I guess its time to pay closer attention to what I should be doing to prepare for retirement. Mahalo (thanks) to Fred Hutch, and especially the amazing and compassionate team in LTFU. I, and so many others, would not be alive today without you. XO Allogeneic transplant 2012 – now 53 years old.*
- *8 years from transplant. I look forward to LTFU appointments. Having Fred Hutch LTFU makes me feel like my healthcare team is complete. I know I will receive all the needed tests and great treatment for whatever is needed. It is also nice to know my PCP can call LTFU with any questions or concerns she has. The teamwork between all my caregivers is the BEST! Thank you! Allogeneic transplant 2017 – now 62 years old.*
- *The people at the Hutch have been a bright spot since my leukemia diagnosis and eight years of transplant appointments. Everyone from the LTFU girls who take phone messages, the receptionists, nurses and doctors have been outstanding and have turned a difficult situation into a positive one. Thank you! Allogeneic transplant 2017 – now 77 years old.*
- *My care has been fantastic. Right now I'm with TTC and they do a great job well after every bump in the road. They listen, they come up with great solutions and follow up. I feel so much love and support any time I walk into Fred Hutchinson building and especially when I'm on the 6th floor. Allogeneic transplant 2019 – now 61 years old.*

Closing thoughts

- *I really appreciate you trying to learn as much as you can about quality of life issues for post transplant survivors. Hopefully some day there will be better treatment options for GVHD. I am very grateful that I'm still alive but it's been a very rocky road. Allogeneic transplant 2014 – now 72 years old.*
- *This year, I was released from follow up with Fred Hutch- it's both a triumphant moment and a nerve wracking one. The care I received through Fred Hutch was reassuring and the doctors all were thorough, compassionate and took my concerns seriously. I appreciate everyone I interacted with over the 5 years I received care. Autologous transplant 2020 – now 34 years old.*
- *20 years post-transplant! My how time flies. The past 20 years have been filled with travel, family time, weddings, graduations, 4 grandkids, and a continued sense of urgency to be a good person. Through many years of counseling people in their post-transplant lives, the absolutely most common complaint I hear is the frustration and disappointment in being "less than what they once were." I was one of them until the very moment I shifted from living my life 70% of what I was to being 100% of what I am. Those two ways of living your life are markedly different, the latter being the best choice. Have fun and stay busy spending your children's' inheritance. Allogeneic transplant 2005 – now 65 years old.*

2026 Fred Hutch Selected Resources

1. **Fred Hutch Cancer Center, Blood and Marrow Transplant Frequently Asked Questions**

<https://cutt.ly/BMT-FAQ>

2. **Fred Hutch Cancer Center, Information for Patients**

<https://cutt.ly/BMT-Info-for-patients>