

Thoughts and Comments from Patients – 2020

COVID-19 challenges

- *Positive for COVID mid July 2020. Was not hospitalized. Recovered except for continued headaches and fatigue. Autologous transplant 2017 – now 59 years old.*
- *What can we say about 2020? It's been trying for everyone. As a former Fred Hutch patient and two-time leukemia survivor, I felt uniquely prepared for quarantine and masks...it was as though the whole world were neutropenic. This time though, my masks are much more fashionable. Allogeneic transplant 2008 – now 42 years old.*
- *I have bipolar which presented during my cancer treatment. After Covid-19 started, I had PTSD which plunged me into a major depressive episode 25 years later. Allogeneic transplant 1995 – now 53 years old.*
- *I have definitely had a few dark moments worrying about COVID, more than I would have without the SCT, but I feel like the transplant and chemo really taught me how to protect myself, and some of the tricks I used after the transplant (opening doors with my elbows, pressing touch screens with my knuckles or using a plastic bag as a 'glove' in the grocery store) have served me well this year! Autologous transplant 2017 – now 48 years old.*
- *I am very scared of getting COVID19. One thing though, the excellent training I had during my transplant at the Hutch, I already have the extensive knowledge about proper hand washing, sanitizing, masks, not touching your face, taking your shoes off at the door, etc. I am basically treating this time of Coronavirus like the year after my transplant. So thank you for that. Autologous transplant 2001 – now 40 years old.*
- *I think it's challenging to answer these questions and compare them to the past given the COVID-19 situation. While I do notice a mostly upward trend in my physical and mental health, the latter has definitely taken a hit during the pandemic. Autologous transplant 2017 – now 28 years old.*
- *The hopeless and helpless feelings I answered yes to are in response to the state of the world/country right now and the stress of an unknown possibly bleak future. Autologous transplant 1993 – now 63 years old.*
- *The thing about this questionnaire that is problematic at times for me is the sheer generality of the questions - it doesn't take into account the state of the world (pandemic times) or things that may happen unrelated to transplant that may cause anxiety or worry, such as being told your job is being eliminated. Allogeneic transplant 1999 – now 62 years old.*

Living as long after transplant as before

- *I'll turn 61 in November, and just damn happy to get there. Very social and active. I think more than most 61 year olds because I remember I almost didn't make 31. Thank you and God Bless!! Allogeneic transplant 1989 – now 60 years old.*
- *I am very thankful for my transplant! It was a good experience. It allowed me to get a transplant at 32 and then live 32 more years until now, where I am 64 years old. I was able to raise my two sons and am still happily married. Allogeneic transplant 1988 – now 64 years old.*

- *Thank you so much for all the time (27 years) you have given me with my family & son. He was only 6 months old when I got my allogeneic transplant from my sister. I'm still working as a nurse & we've had many, many celebrations over the years! It hasn't been an easy ride, but I've been given a wonderful 2nd life. I've actually lived longer after transplant than I did before! I was only 26 years old! Wow, what a miracle! Thank you. Allogeneic transplant 1993 – now 53 years old.*
- *I am very thankful and appreciative to be celebrating 24 years post-transplant! This year was big because I am 48 years old and that means I have been alive after transplant as long as I was before transplant! I didn't know if I would turn 25 years old and now I have three teenage boys and am active and healthy and love my life! Yes I have minor complications like dry eyes and avascular necrosis in my knees & hips but I am alive! Thanks Fred Hutch! Allogeneic transplant 1996 – now 48 years old.*

Neuropathy and nerve problems

- *The pain in my feet has severely affected my quality of and enjoyment of life. I've had to cancel vacations and trips. I would love to go for long walks in nature but can't. My stamina is also more compromised. Never take walking for granted! Allogeneic transplant 2006 – now 56 years old.*
- *I continue to suffer with cramps in my legs and hands. The neuropathy in feet and hands seems to be worsening. Autologous transplant 2016 – now 65 years old.*
- *Neuropathy, as a problem, has snuck up on me in the last couple of years. I drop things, my hands and feet have diminished sensation, and I am currently in PT for pelvic floor neuropathy to reduce my frequent need to go to the bathroom. Allogeneic transplant 1999 – now 72 years old.*
- *Cannot do small tasks with my hands for very long as they cramp badly (small bolts & nuts). Feet and hands are cold most of the time and I have turned my ankle on even the small edge of a rug. Autologous transplant 2014 – now 63 years old.*
- *The only real problem I have had since transplant is numb, tingling, burning feet that mostly interferes with sleep and the ability to do hours and hours of hiking and strenuous activity. Allogeneic transplant 2018 – now 55 years old.*
- *When will I ever get feeling back in my fingers? Autologous transplant 2019 – now 51 years old.*

Transplanted as children

- *38 years! Whoopie! I love watching the years stack up. It is more precious to me now than it ever has been. 38 years ago, we weren't optimistic about how it would all play out. It was just so new. I feel I received a gift that has far exceeded my expectations and each day from here on out is just cake! I am enjoying each moment, not to say all are easy and good...but I am here to live them! This past summer I connected with 3 other long-term survivors around the US and we met in Green Bay, WI for the first time and celebrated together. 37, 36, 34, & 31 years at that time. Allogeneic transplant 1981 – now 49 years old.*
- *It's pretty hard to complain, considering I'm 43 years post transplant. Some of the things I have, I'm sure are age related. The Fred Hutch was and is the most amazing Center that is so committed to make survival of so many cancers a reality. Thank you. Allogeneic transplant 1977 – now 58 years old.*
- *24 years – wow! I'm happy to report I had my first child last year, naturally I did have preeclampsia at 37 weeks. But have fully recovered and I & the baby are doing great. Aplastic Anemia transplant – now 37 years old.*

- *Thank you so much for saving our daughter's life! She is almost 5 years old, happy, and thriving! Autologous transplant 2019 – now 5 years old.*
- *The teams at Fred Hutch, SCCA, and SCH gave our sweet [son] a chance at a cure when one seemed nearly impossible. They supported us as we made impossible choices for our child. They expertly cared for [him], seeing him through his intensely scary haplo SCT. They always took our concerns seriously, always took the time to answer our questions, and always, without fail, showed [him] love. We will always be grateful. Allogeneic transplant 2019 – now 4 years old.*
- *Today we celebrated our son's 14th Transplant Birthday. He has struggled with chronic GVHD for many years yet has learned to overcome the obstacles that it has created. He lost mobility in most of his joints and both ankles and wrists are locked in a neutral position. He is a Junior in high school, has played rec soccer for 8 years and was just accepted into the computer programming course at the local tech school. He is my hero and has taught me how to slow down and appreciate the small moments in life. Allogeneic transplant 2006 – now 16 years old.*
- *38 years post-transplant! As the years pile up and the memories of my time in Seattle fade away a little bit more, I realize I'm living in the future I only dreamed about seeing when I was a 15 year old going through a BMT. Unfortunately, my idea of "the future" (in 1982) was "The Road Warrior" movie. 2020 – global pandemic, quarantine, isolation, widespread rioting, choking wildfires here in California – my God, the sky was dark as night here at noon the other day! But even in these "interesting times" it's good to be alive. Allogeneic transplant 1982 – now 53 years old.*

Putting recovery into perspective

- *Trying to assimilate back into my life as a wife, mom, daughter, friend was incredibly difficult. Two years post-transplant, I am still struggling with this. The grief around losing a normal life is long. It's complicated and it is not linear. I wish there was more focus on emotional support post-transplant. I find that consulting with a different LTFU doctor each time I call or come in for my visits, difficult. They don't really know me as a patient and are getting my questions second or third hand if I've called in. At this point in my recovery, most of the time I feel lost. I feel like I don't know how to live in this new body and brain. I worry about recurrence of disease and being disabled for the rest of my life. I am only 42. I work hard on self-care and meditation helps keep my anxiety in check part of the time. I just long for a road map and I know one doesn't exist. Allogeneic transplant 2017 – now 41 years old.*
- *I spent so much time trying to get back to what I was prior to transplant and move beyond it, that in some ways, I delayed my own recovery physically, mentally and emotionally. I'm finally realizing (twenty-four years post-transplant) that I don't have to be a model example of what having a second chance means. It is enough to just live my life and be grateful for the time I've had and those that have helped me along the way. It is the life ahead of me that matters most. Allogeneic transplant 1996 – now 51 years old.*
- *I remain so thankful for the gift of life that I have been given, but sometimes I fear I was more prepared to die than I was to survive. My normal positive and happy outlook has changed to one of perseverance rather than adventure. This may be an aging thing, but I feel a bit disconnected from things in way that I cannot explain. It does not seem to affect my daily life but is troublesome to me as I 'watch' life more and participate less. Autologous transplant 2006 – now 67 years old.*
- *It's hard to imagine 15 years have elapsed since my allogeneic transplant. I live an extraordinary life. Sure, there are some deficiencies in balance, vision, flexibility, sexual function, etc. but I have very few complaints. If I was told I need to go through it all again, I would respond, "Okay, let's start today." Though 15 years*

post-transplant should feel like eternity, the clarity and profoundness of those memories still seem fresh and much more recent. What would [I] have been had I never been sick? Of course, that would be purely conjecture. I can tell you with conviction, I believe I am a better person for the experience. Allogeneic transplant 2005 – now 60 years old.

More from autologous survivors

- *I have not returned very many annual questionnaires because they seemed to be centered on allo patients, not auto, and the questions never seemed to apply to me. I was thrilled to see so many other autologous patients' comments this time. Autologous transplant 1995 – now 58 years old.*
- *Stress level has been significantly higher than normal because my wife has dementia (late onset Alzheimer's) and I am primary caretaker. Still showing no sign of multiple myeloma after 22 years. Autologous transplant 1998 – now 76 years old.*
- *Disappointed that myeloma returned 3.5 years after transplant, but happy that it has not since then. Autologous transplant 2008 – now 72 years old.*
- *I especially appreciate reading the comments from other autologous survivors on their topics- from fatigue, weak legs, and need for sleep! I have these complaints and always wonder...are they a result of the protocol or is it "old age!" Probably a combination of both! Autologous transplant 2010 – now 71 years old.*
- *Wow! 20 years! Even though I have had some decline in my multiple sclerosis, any MRIs since have shown no new or no active brain lesions. Autologous transplant 2000 – now 67 years old.*
- *I am a very happy 74! Family is good! Life is tough but great! I wake each morning with something to do, makes getting out of bed a treat! Autologous transplant 1993 – now 74 years old.*
- *I'm so appreciative of the care I received, and of all the patients before me who helped blaze the path for my treatment. I now have the chance to raise my two adoptive daughters and experience parenthood. Thank you! Autologous transplant 2004 – now 49 years old.*
- *I like this year's questionnaire better than last year's. The stem cell transplant I had in June 1996 was so long ago it is nearly forgotten. The few problems I still have from it now seem normal. If it wasn't for my 2011 tongue cancer treatment messing up my stem cells all would be well. Now my concern is dealing with that and my wife who is 86 and has dementia. It is affecting her memory and has now reached the point where I'm now doing the cooking and cleaning. It puts a lot of pressure on me but I'm dealing with it. That saying, "getting old is not for sissies" is true. Autologous transplant 1996 – now 80 years old.*
- *My daughter (age 40) and I are celebrating "good news" this week. Her scans came back clear after being treated for a year for stage 4 urachal cancer and my bone marrow biopsy showed no signs of myeloma. There are no words to express how grateful we are for how you have cared for us and continue to care! Autologous transplant 2004 – now 80 years old.*
- *Thank you all for my lovely continuing remission. Autologous transplant 2011 – now 77 years old.*

Ongoing health challenges

- *My biggest problem since transplant has been fatigue. It controls everything I can and cannot do. I wish there was a treatment to restore both physical and mental energy. Allogeneic transplant 1999 – now 69 years old.*

- *I have been very disappointed with my weight. I have gained 40-50 pounds since transplant. Autologous transplant 2019 – now 65 years old.*
- *I'm worried about my sudden seemingly random onset of type 2 diabetes. Also, the combination of ongoing brain fog, anxiety, and sleep issues (and low energy) is draining and frustrating. I'd love solutions to these instead of just ongoing treatment options. The discovery of my sterility has and still is heartbreaking for me. I try not to think about it, but it's difficult with family around and my own desire for natural-born kids of my own. Autologous transplant 1990 – now 31 years old.*
- *Thankfully I haven't had a relapse with my cancer in the 4 years I've been declared cancer free. I'm suffering greatly from GVHD and as a result my quality of life is very poor. Especially with COVID still a big issue I've been stuck at home, isolated for 9 months. I would really hope I can get to the point where I can go back to work and enjoy my life again soon. Allogeneic transplant 2017 – now 26 years old.*
- *I am far behind my peers in energy and physical strength. Some days just getting up is a physical challenge. I require help with most things that require "effort". Leaning over can take my breath away, carrying anything of any weight is hard, scrubbing floors is difficult, gardening is hard. I can do basic, easy tasks, especially if I can sit to do them, but anything requiring stamina or strength is hard for me. The fact my heart and lungs have suffered from these treatments is upsetting. I feel like I say "I can't" more than I say "I can". It's frustrating... Allogeneic transplant 2002 – now 53 years old.*
- *Following treatment, I have struggled with sleep problems, severe anxiety and irritability. I often feel depressed and have a constant nagging sense in the back of my mind that at any time everything will come crashing down and I will get sick again. I have gone in phases where this has lessened but it has never gone away. The person I was prior to transplant is long gone and what remains is only a shell of that person who is constantly plagued by what-ifs and nagging underlying fear. Allogeneic transplant 2002 – now 40 years old.*
- *My muscles are very tight and my range of motion is very compromised. I have seen physical therapy and massage therapists that really have not improved the situation. I do my therapy exercises as directed but not gaining mobility. I cannot put my shoes on very easily and even taking care of personal needs is getting very hard. No toenail clipping & difficult to wipe backside. Allogeneic transplant 2014 – now 63 years old.*
- *Surviving after this life saving transplant has not been easy. I'm still here but live a greatly diminished quality of life. It's been a majestic trade-off for survival. Grateful, but with a tablespoon of salt. Allogeneic transplant 2007 – now 76 years old.*

Relationships change

- *Only negative is effect on a spouse during treatment/recovery. Just as chemo can exacerbate latent medical conditions, being chosen as a caretaker can lead to depression, fatigue, and resentment (lack of attention/recognition). Make sure relationship is extremely solid before request spouse as a caregiver. Autologous transplant 2014 – now 69 years old.*
- *A year following my transplant my husband/caregiver died in an auto accident which was devastating but last year at age 71 I married a wonderful man who loves me unconditionally including all my physical limitations and GVHD. So there is a life and love after transplant. Allogeneic transplant 2009 – now 71 years old.*
- *There are so many moments I nearly missed. In 2004, my sons were six years and three months. This year, I was able to watch one son make lifetime promises to a lovely young lady. Later this month, I will travel to*

settle our younger son in school away from home. My dark haired husband who stood by me during my illness now has a head full of silver...he says every one of them has my name on it and we are starting the next chapter of our lives....back to just the two of us. I'm so grateful for the hard work of so many people who helped make all this possible. Autologous transplant 2004 – now 50 years old.

Work, retirement, financial planning and thinking

- *Its only been a few weeks but I'm loving retirement! Allogeneic transplant 1979 – now 59 years old.*
- *I agree w/ comments about financial planning access. Surviving AML is very expensive. Being out of the workforce while recovering makes an enormous hit on one's professional life. Allogeneic transplant 2010 – now 56 years old.*
- *I feel pretty good overall. The ability to return back to work has helped me feel more normal and aided in my recovery. Autologous transplant 2019 – now 61 years old.*
- *My decreasing cognitive function has required that I retire. I'm okay with this! Autologous transplant 2015 – now 61 years old.*
- *[Please ask about] work and intimacy for younger patients who had transplants. Both are very difficult at the moment, missed out on years of work experience and socializing. Finding a job with great health insurance is very tough. Allogeneic transplant 2011 – now 28 years old.*
- *I have recently returned to school, taking online classes full time in an electrical engineering program. In addition to working full time. I never thought I would be able to do that again. I also feel that I am barely able to do it. I spend a great deal of time worried that I am not as smart as I used to be. Maybe I was never as smart as I thought I was, maybe I am just getting older. Either way, any responses I made indicating anxiety or depression stem from being overworked and barely keeping up. Which is quite a victory if I think about it the right way. Allogeneic transplant 2005 – now 45 years old.*
- *The continuing cognitive decline is most disturbing. My job required high executive function, so I had to retire from it in 2017. Since then, I've been having more trouble conversing and communicating my thoughts in detail. Additionally, I have more trouble remembering things. Autologous transplant 2015 – now 67 years old.*
- *Doctors in Idaho, where [my son] is going to school, are watching suspicious enlarged nodes, but all testing needs to stop for now as my husband just lost his job & our insurance. Autologous transplant 2010 – now 25 years old.*
- *Only two more months till retirement. Not for health reasons. I am 61 years old BMT in 1992. I am now first taking flying lessons and have my first grandchild on the way. Thank you so very much for saving my life. My wife who is my rock is still always there for me as I am for her. She helped me through the transplant that would not have succeeded without her. Prior to transplant we just had one son. Now we have 4 sons, two daughters-in-law and a baby on the way. Allogeneic transplant 1992 – now 61 years old.*

More than 40 years since transplant

- *I'm very grateful to Fred Hutch for the last 40 years of life after BMT. It's an experience that one did not wish to have at times. But it has certainly broadened my perspective and enriched my life. I realize that there might*

be many more hurdles in front of me as I grow older. But I hope that I will be able to deal with them all with grace. Allogeneic transplant 1979 – now 66 years old.

- *I am at all times aware of the blessings in my life. Through the years there have been so many challenges, mostly health related, that now at this point 40 years post-transplant I am simply thankful to be living this life without pain, fear, and illness. I am also aware that at any moment, this “bliss” can change. It’s happened many times before, so therefore, I try to live each day with purpose, happiness, and with health as a top priority. Allogeneic transplant 1981 – now 55 years old.*
- *Doing very good at 42 years old post-transplant and 67 years old! Life is great and worth living! Still very active. Love the outdoors. Allogeneic transplant 1978 – now 67 years old.*
- *Especially during this time of COVID-19, I am so thankful for my good health! I am aware that there are many in my community with compromised immune systems who have to be especially careful now. I’m also aware that, thanks to my transplant at The Hutch, I get to live a normal life. Thank-you for an extra 43 years of life! Allogeneic transplant 1977 – now 55 years old.*

Things can get better with time

- *I am very grateful for my health. I am a very active mom of two teenagers (we adopted). I teach high school biology (I spend a lot of time on genetics and the immune system--haha) and coach cross country. I compete in a horseback sport called mounted shooting and I am back to running (I neglected this for several years). However, it wasn't always this way. The first few years after transplant are rough and can be quite discouraging. I am post 24 years!! Allogeneic transplant 1996 – now 46 years old.*
- *This week we celebrated my 20th anniversary since my transplant. I really thought this day would never come. I had so much GVHD and so many issues for so long, but it started to fade away around year 10 and now I'm leading a healthy, active life. I so wish I could whisper back to myself 20 years ago that all would be OK, it was just going to take a bit to get there. Allogeneic transplant 2000 – now 49 years old.*
- *It's been 11 years since my haploidentical transplant and everything is fine. I had some serious cognitive problems for the first 6-7 years, but lately they seem to have cleared up somewhat. It probably doesn't help the problem that I am now getting into my mid-70s. You guys did a terrific job. Allogeneic transplant 2009 – now 73 years old.*
- *It's been 19 years, doing better, feeling better, numbers of meds I take daily has been decreased. Autologous transplant 2001 – now 48 years old.*
- *It's good to be off prednisone & Cellcept after 22 years. Allogeneic transplant 1998 – now 72 years old.*

Cautions if you have commercial genetic testing after an allogeneic transplant

- *One suggestion I would make for pre-transplant patients, If they have ever had an interest in getting their DNA tested like through ancestry.com they should do it prior to transplant. Allogeneic transplant 1999 – now 69 years old.*
- *2020 has been such a tumultuous year between COVID 19 and so many cultural events in our world – I have to say putting a mask back on again brought me back to 1989 and a lot of memories. One note – I took a DNA test from 23 & Me and was not aware my saliva had 2 DNAs. Obviously I had assumed that my blood has my donor's DNA but had thought that saliva would be my DNA. Allogeneic transplant 1989 – now 57 years old.*

Helping others helps you

- *I find it helpful to help other people going through the same issues - I am currently in touch with a 24 year old kid who has had Leukemia and went through a stem cell transplant in Miami - he and his family had many questions or concerns and I think I relieved some of the stress by providing advice. I think you should try to match veterans to current patients - it helps both sides. Allogeneic transplant 2006 – now 41 years old.*
- *Thank you for giving me 31 more years! I enjoy/have a passion for fundraising to raise money for cancer research. I participate in Base Z Space (4 of 5 years) Shon Run (when it was happening) and Obliteride. Also, ALS Kelsey for Life giving back so there are more survivors! Allogeneic transplant 1989 – now 55 years old.*
- *Seventeen years post-transplant and I still have no regrets. It continues to be a challenge at times, but I enjoy my family and am able to participate in meaningful endeavors that I believe make an impact on those around me. We have fostered over 150 children since transplant and now are fostering medically fragile children. I am involved in church and a non-profit that helps sick children and their families. Allogeneic transplant 2003 – now 63 years old.*

Considering every day a gift

- *I appreciate everything I received. Life is different after. There are good health days and bad health days. The good days are numbering high enough to take things for granted at times, to not think about it and feel human. While the low days are disappointing when they show up, I appreciate the reminder. Life is finite and precious, so I don't like wasting time. Life is more difficult now than it was before, and I am happier with it than I was before. Allogeneic transplant 2016 – now 36 years old.*
- *The gratefulness never stops. Four years later, it still feels like every day is a gift. Lucky, lucky, lucky, lucky me. Autologous transplant 2006 – now 63 years old.*
- *Now six years post-transplant for AML. Six Years!! YES. The LTFU team has been great to help me manage my GVHD which still causes me some trouble occasionally, but knowing what to expect (through experience) has helped us deal with it and work around the symptoms. It just reminds me that TODAY is the day to go out and enjoy everything you do. Allogeneic transplant 2014 – now 65 years old.*
- *Pre-transplant (age 50) I used to always think in terms of “someday.” After a successful allogeneic transplant, I try and live every day to the fullest. I'm working on my bucket list and enjoying the good life & retirement, now at age 64 (retired early!). Every year at my annual checkup, I realize I could get bad news. I try and keep that in the very back of my mind, but it is my motivation. Allogeneic transplant 2007 – now 64 years old.*

Suggestions for improvement

- *There was very little preparation given. It was all “you will be told when you need to know.” I needed to know as soon as we decided to move forward with transplant. I waited over a month to be called and even then, very little information was shared to get our affairs in order for me to be gone during transplant. There was no preparation for life after transplant until it was time to get discharged. We needed to again get our affairs in order and prepare for life at home after transplant. I had a week. Allogeneic transplant 2019 – now 31 years old.*
- *Recovery takes longer than I was mentally prepared for, and I'm not sure I will ever get back to the level of functionality I was at before cancer. It's extra hard when friends, coworkers, fitness instructors, etc. seem to*

expect you to just bounce back as soon as you get home from your 100 days after transplant. SCCA staff might be more inclined to tell transplant patients to expect two years for recovery, for better accuracy. I'm at 14 months post-transplant and am still having trouble regaining strength & motivation like I had before. That said, I am very thankful to the staff at SCCA for saving my life. Allogeneic transplant 2019 – now 41 years old.

- *This month (May 2020) was my 10-year anniversary of my allogeneic bone marrow (stem cell) transplant for CML blast crisis. The first 5 years post-transplant were filled with diseases and complications, several of which were quite serious and life threatening (and quality of life threatening). The second 5 years were generally free of illness, allowing me to regain normalcy and eliminate all medications. I attribute the best 5 years to the excellent care provided by my caregivers and medical team, rigorous exercise and relatively healthy lifestyle, and good fortune. Some of the comprehensive exams took up to 4 hours, complete with redundancy, and hand offs without any indication of information communicated between groups. One thing cancer highlighted that time (my life) was limited, and with whatever time I had left I wished it to be productive. Fred Hutch often made me feel that whatever time I had left I should be donating a portion of it to them. It's a minor thought, but my one recommendation would be to make your procedures and requests more efficient for those who feel they do not have unlimited time left on this earth! Allogeneic transplant 2010 – now 64 years old.*
- *My suggestions would be greater support/resources for financial help navigating processes, info for grants, etc. Offering financial aid; help completing insurance claims, etc. Strongly recommend greater support navigating the quite limited social services, and identifying therapists (cognitive, behavioral, or otherwise). Allogeneic transplant 2015 – now 65 years old.*
- *Please, please, please encourage more mental health treatment. I'm having to do a lot of therapy dealing with the complex trauma of my transplant. Allogeneic transplant 2006 – now 33 years old.*
- *I wish there were support groups and individual therapy for patients before, during and after transplant. The emotional, mental and spiritual side of these have been more difficult to deal with than the transplant itself. I was also not informed that I would not be able to have children after transplant until it was too late. Allogeneic transplant 2014 – now 44 years old.*
- *It would be helpful to have resources for someone that has gone through this before “mentor” or coach to guide you through the process. Especially after treatments are over and you are trying to get back to normal activities and thriving as a survivor. Allogeneic transplant 2019 – now 43 years old.*

Thanks to the medical team

- *The staff from volunteers all the way up through the organization to the most senior doctors are absolutely incredible. The journey through an allo stem cell transplant is long, hard, and lonely. But every staff member at SCCA whom I encountered did what they could to make that journey less miserable. I am forever grateful! Allogeneic transplant 2019 – now 55 years old.*
- *With my terrible diagnosis I want you and SCCA and UW Medical Center to know I had a great experience with all the doctors and nurses and really everyone. I even miss seeing the nurses at UW and the people on the transplant floor. I hope to never need them again, but they are true professionals. Compassionate, funny at times, and answered all my questions to the best of their ability. Allogeneic transplant 2019 – now 49 years old.*

- *Thank you for this survey. At times it is difficult to determine if forgetfulness or distraction can be attributed to the aging process or to the treatment, however had I not had the transplant I wouldn't be here to debate this in my mind. I prefer to be grateful for every day and enjoy my life to the fullest. I may never have had the chance to see our son grow to adulthood marry his beautiful wife and hold my twin grandbaby boys in my arms. My husband who has traveled this journey with me for 38 years is still my hero every day. I am truly blessed with the gift from my brother and the medical technology of Fred Hutchinson Cancer Research Center. Allogeneic transplant 1986 – now 61 years old.*
- *We are very fortunate to have SCCA, Fred Hutch and UW in Washington. You all do such a fabulous job! Considering all the unpleasant things that are happening at SCCA, it is never a depressing place. Quite the contrary. There is always a friendly and pleasant atmosphere. Allogeneic transplant 2010 – now 73 years old.*
- *It is 10 years since my first transplant and 6 since my second transplant. I am so thankful to both of my donors for literally saving my life. As a physician, I continue to tell patients and colleagues about the incredible care that I received at the SCCA. In 35 years as a physician, I have never seen a medical system that is so adept at every part of the patient care process, from organization to pre-transplant patient care to transplant to post transplant care to follow up. Fred Hutch is a very special medical facility. All of us who find those doors are truly blessed. Every health provider at The Hutch is a true HERO. Allogeneic transplant 2014 – now 61 years old.*

Final thoughts

- *Skiing was good this year, went 14 times. Not as good as I once was but better than I'm going to be. Allogeneic transplant 1989 – now 68 years old.*
- *I turn 90 on May 27, 2020. Autologous transplant 1993 – now 89 years old.*
- *Kids then 8, 7, 4, 3, & 6 months. Now 30, 29, 26, 25, & 22! Allogeneic transplant 1998 – now 56 years old.*
- *Every February I send my donor a thank you card or flowers on my transplant anniversary. I am ever grateful to him, to the SCCA, and to the Pete Gross house. Allogeneic transplant 2004 – now 61 years old.*
- *Life is good. I became an aunt in January! My husband and I are currently waiting on the final paperwork to be approved for adoption through the foster care system. The cat runs the household, dog finally chilled out at 5 years old (hound shepherd mix) and the horse just turned 23. The plants in my garden have learned to survive in a state of neglect this year. I finally had my wisdom teeth removed so I'm a little less wise now. Allogeneic transplant 2010 – now 34 years old.*
- *Still on the right side of the grass because of you! Allogeneic transplant 2001 – now 62 years old.*
- *THANK YOU for your contribution to adding 10 years to my life, and counting..... and I say that with UNDYING gratitude! See what I did there???? Cheers! Allogeneic transplant 2010 – now 63 years old.*
- *On the whole I feel great. Once again, thanks again to SCCA for helping to save my life. When people say "it's good to see you", I reply "It's good to be seen." Allogeneic transplant 2016 – now 60 years old.*