

About Stem Cells

- Stem cells are found in the bone marrow. They are the young cells from which all blood cells develop
- A stem cell transplant can help to improve some people's chances of surviving certain types of cancer, such as leukaemia or lymphoma
- There are around 12 million people currently registered as donors
- Some parents also choose to store their child's stem cells from the umbilical cord by having them frozen
- It's hoped that, in the future, stem cells might help towards treating other medical conditions

Find out more about stem cells at www.macmillan.org.uk
Or call Macmillan on 020 7840 7840



A glorious moment for Paul and sister Erica

up to a machine which took blood and separated the stem cells. Then they were taken into my room and fed into me.

The procedure was repeated again the next day.

The next few days were horrendous while my body responded to Erica's cells. I wasn't allowed visitors, but messages from our friends were a huge boost.

I improved, and mid-November brought the best boost of all. Louisa phoned to say she had given birth to a beautiful baby girl, whom they named Beatrice.

As my strength improved, I set another goal: to be home for Christmas. Doctors were reluctant, but eventually agreed that I could go home if my white blood cell count reached a certain figure.

Late on Christmas Eve, I reached the target.

On Christmas Day, no one could hug me for fear of infecting me, but there was one exception. Because she was



Paul and Erica as young adults

less than six weeks old and not yet a breeding ground for germs, I could cuddle little Beatrice for the first time.

Louisa laid her in my arms and suddenly I realised the huge scale of what Erica had done for me in order to enable me to

enjoy that moment.

The next day, I returned to hospital, but was soon allowed home where Mary took care of me.

Months passed and then came some wonderful news. My cancer was in remission. A lot of people had helped me recover, but ultimately it was down to Erica.

Mary and I held a party in London to thank everyone, and Erica was our guest of honour.

I couldn't help thinking that if I hadn't been ill, I'd never have been able to see so many special people all in one place.

And now I'm just making the most of the gift of each day that my big sister has given me.



A night out for Paul and wife Mary