Thoughts and Comments from Patients – 2021

Exceeding my original prognosis

- I was originally diagnosed with CML in 1983. I was a police officer on patrol when I went to the hospital and was told I have CML. The doctor said I would probably live another 5 years. I told him that I was a rookie police officer with a wife and 3 young kids, and I didn't have time to die. Allogeneic transplant 1998 now 69 years old.
- I feel so blessed to have survived 31 years post transplant when in December 1989 I was told that I had 3 months to live, and there was no treatment for my acute aplastic anemia at age 42. Allogeneic transplant 1990 now 73 years old.
- Almost twenty years ago, I was told I had "incurable" cancer. SCCA guided treatments to make that cancer curable. Thanks. Autologous transplant 2002 now 68 years old.
- In April of 1995, the doctors at Fred Hutch told me that they had to change my protocol due to lung damage from radiation, but they hoped that it would give me 2 years. It's now been 26 and I am forever and always grateful to the wonderful staff at Hutch! Autologous transplant 1995 now 75 years old.
- Reading the Thoughts and Comments section has made me realize that I am not alone. I am much better off than many others, and having been given a 20% chance of surviving 2 years, I am doing wonderfully in my 36th year post transplant! Allogeneic transplant now 68 years old.
- I was in the salvage therapy category when admitted into the program in February of 1987. Dr. Thomas said I "had a 15-20% chance of surviving the first 2 weeks of therapy". I consider myself a medical miracle and am so very grateful for all the healthy years you have given me. Hoping for many more. That is winning the lottery!!! Autologous transplant 1987 now 66 years old.

Comments from parents

- [My child's] life post-transplant is everything we could ever hope for! I feel that our daughter is alive and thriving because of Seattle Children's. Allogeneic transplant 2014 now 6 years old.
- I am grateful for the treatment my son received through the SCCA but am very disappointed in my son's overall prognosis and quality of life. He now requires home nursing care and is on several medications to try to help his degenerative neurologic condition that is a result of his BMT prep. His life is not a good one and it makes me sad that this was our outcome. Allogeneic transplant 2019 now 3 years old.
- We are very pleased and grateful for the treatment [our child] received at Children's and The Seattle Cancer Care Alliance. He has made a complete recovery and is enjoying a normal childhood once again. Though our years in treatment were all-consuming and an incredible

- challenge, the outcome of a healthy child was well worth every minute of it. Thank you for the many members of our team who contributed to [our child's] healing! Allogeneic transplant 2018 now 8 years old.
- Seven years post transplant, he is seven years old and I'm so grateful that he got a second shot of life thanks to all the wonderful people (Doctors, nurses, CNAs, etc.) who cared for him His forever grateful Mom. Allogeneic transplant 2014 now 7 years old.
- This year we celebrate [our son's] 15 year post transplant anniversary! He is now 17 years old and a senior in high school. It hasn't always been easy over the years and he will forever have physical limitations due to extensive GVHD but this year we celebrate how far he has come and milestones that at one time didn't seem possible. Allogeneic transplant 2006 now 17 years old.
- He [patient] has a passion for airplanes and this summer he began flying lessons! His health continues to improve as well. He is currently enrolled in PE at school and is required to run a mile multiple times a week. I was a bit nervous at first about this, but he has been able to keep up with the class and I can now see muscles forming on his formerly very skinny legs. He has grown 5 inches in the 2 years since his transplant. Allogeneic transplant 2019 now 14 years old.

Wish list

- My wish for the Hutch is for them to someday consider offering a primary physician service. Once you leave the Hutch system it seems like primary care physicians are not prepared to take on complicated patients. Allogeneic transplant 1996 now 32 years old.
- Health care was first rate. Only concern was scheduling too much time wasted between each appointment. Autologous transplant 2020 now 73 years old.
- As I have written before, it would be VERY helpful, if Fred Hutch could give the complete spectrum of vaccinations needed after the transplant, as it is not easy to get all the vaccinations in the public. Autologous transplant 2011 now 79 years old.
- I'm looking for a targeted therapy to deal with the skin GVH on my lower legs. A pill that would allow the skin to heal and become somewhat normal again but for the prolific scaring.....yes, a silver bullet for that. Allogeneic transplant 2011 now 59 years old.
- My 20-year marriage ended in divorce. I think that couples counseling should be required to help the couple adjust to the "new normal" that comes after a transplant. There are many "losses" that are never recovered after the transplant. I feel that it aged me about 10 years. Autologous transplant 2011 now 66 years old.
- I wish more information had been provided beforehand regarding side effects after transplant such as inability to have children, deterioration of bone from steroid use, PTSD, anxiety, depression, insomnia, etc. I suffer from all of these. I feel like there are no resources available to me even after transplant. Allogeneic transplant 2014 now 45 years old.
- You do not ask very many questions about brain fog or A.B.I (Acquired Brain Injury) from treatment and I only saw one question about PTSD or symptoms that relate to PTSD It has

been three years and not a day goes by that I wish I could of had some kind of peer support during and after. Kinda like the military has a battle buddy. This would be your peer cancer buddy. I am willing to be someone's buddy now. Allogeneic transplant 2018 – now 51 years old.

How far I have come

- Wow. 39 years post transplant. I have seen my children have families of their own, just had 6th grandchild. Have had medical issues along the way, but what joy & happiness I have had. Thank you Hutch for all you do! Allogeneic transplant 1982 now 66 years old.
- This has been an incredible journey. I would not have signed up for AML in a million years, but the journey has taught me a lot. In the past 15 years I've seen many doctors, but none have compared to the treatment I received in Seattle. Each year I look forward to these questionnaires because I learn so much from the other survivors and I know I'm not alone. I am eternally grateful. Allogeneic transplant 2006 now 47 years old.
- Ever since my stem cell transplant 25 years ago I look at every day as a bonus day and try not to waste any of them. I enjoy working in the yard and on our vehicles. I do oil changes and all the maintenance on all of them. I like to build and fix things. I guess I just have to take each day as it gets here but getting old is way more complicated than I thought it would be. Everything is an unknown, the end result is the same but getting there is not. Autologous transplant 1996 now 81 years old.
- 39 years! I've filled out the patient questionnaire every year since I was 16 years old. Every August before high school, college and my entire adult life. Its arrival in the mail never fails to remind me how lucky I am to be here still to enjoy all of highs and lows of living. It also reminds me of how many of us have lived through this life altering/saving experience...Cheers to everyone for one more year! Allogeneic transplant 1982 now 54 years old.

The burden of illness

- While I'm glad to have survived, surviving AML is very expensive. It's taken a toll on my professional life, my & my family (kids) mental health. It's been a roller coaster of emotions. Huge impact on my kids' (now adult kids) mental health. Allogeneic transplant 2010 now 57 years old.
- 11 years post transplant, just turned 40, reflecting on the past 20 years. Trying to be grateful, but list of medications and medical issues are growing. I feel more like 60 or 70 than 40. Wish I had more energy and was able to be more active. Catch 22 since pain in my knees and hips restrict my physical activity. I am a patient with a complicated medical history, which I feel sometimes scares doctors. Still I am grateful for what SCCA did for me and 6,500 other long-term survivors. The comments make me feel that I am not alone in my struggles post-transplant. Allogeneic transplant 2020 now 40 years old.

- I am so fatigued with congestive heart failure. When will these plagues ever stop? Knee & leg weakness, arm weakness, can't walk 50 yards, can't stand for 10 minutes, can't have sex, neuropathy, can't breathe with activity. 71 years old! Will I make it another? Autologous transplant 1991 now 71 years old.
- Muscle stiffness from GVHD is taking a toll. Also, in the last 2 years I have developed severe muscle cramps in my hands...crippling and very painful. Seems to be no remedies for pain. Allogeneic transplant 2014 now 64 years old.
- I feel very healthy, but usually tired, tired, tired. I get a solid 8-9 hours of sleep per day, but I'm always tired. I just push through because life will go on and I will miss it if I'm always napping. Allogeneic transplant 1997 now 60 years old.
- The treatment that saves you can also have such horrible side effects, for me it was a brain bleed resulting in 2 separate craniotomies that the doctor said were likely a result of the radiation. It's hard to go from one crisis (cancer), start to heal and then fall back into a crisis multiple times. It was and is sometimes almost unbearable. 7 years after my transplant I'm still healing, it's hard to hear stories about people that seem to have come through unscathed, should I be in a different place? Allogeneic transplant 2014 now 46 years old.
- The GVHD I have has been extremely difficult to deal with. It has limited my mobility and muscle stamina beyond what I had expected. I really thought getting my cancer in remission would be the hardest part of my treatment. In fact the GVHD has been a greater challenge. One bit of advice that I would like to pass along is the acupuncture treatment I have been receiving. It has reduced cramping and spasms significantly and I would recommend it highly. Allogeneic transplant 2015 now 70 years old.

Thank you!

- Another great year. I am so grateful to SCCA. I wave at you every time I drive past. Thank You! Allogeneic transplant 2009 now 54 years old.
- 16 years past my 'sell-by-date'. Thank you all. Allogeneic transplant 2005 now 65 years old.
- No questions just a big thank you for the wonderful care I received. I count my blessings every day. Having cancer 3 times and now cancer free since 2008 92 years of age living alone (my darling husband of 73 years died in August). Do my own cooking & some cleaning LTFU is staffed by angels!! Allogeneic transplant 2007 now 92 years old.
- I will always be thankful for the wonderful care received at Fred Hutch and SCCA, you saved my life and have given me 12 years I never expected. I have been able to travel the world, experience being a grandma and see my grandchildren grow, bury my first husband of 40 years and fall in love for the second time in my life. I remarried two years ago and my German stem cell donor flew to WA to walk me down the aisle for my second marriage at age 70. Thank you for all the wonderful memories and the ones yet to be created. Allogeneic transplant 2009 now 72 years old.

- The 2 years spent with SCCA / Fred Hutch / UW were the most scary, painful, anxiety ridden years of my life, but every single professional I came into contact with was so wildly competent, knowledgeable and considerate of my health (mental and physical) that it made me able to suffer with a smile on my face. Autologous transplant 2017 now 30 years old.
- Almost 30 years since my bone marrow transplant and still counting, remembering every day how well treated I was while at the Fred Hutch, honored and thankful I am for having been treated there. Now I'm a doctor myself and have my own patients. Life is beautiful. Allogeneic transplant 1992 now 39 years old.
- Hard to believe it's been 14 years since my tandem autologous stem cell transplant at SCCA! I feel so fortunate to live in Seattle and have access to such an incredible medical community. In 2018, I was fortunate enough to have my daughter via IVF using donor eggs with the help of the amazing doctors at Seattle Reproductive Medicine. My treatment for Hodgkin's Lymphoma in 2007 caused premature ovarian failure and without IVF and the generosity of a total stranger to donate her eggs, I would not have my daughter today. I will forever be grateful for the doctors and researchers that saved my life in 2007 and gave us our baby girl in 2018! Yay science! Autologous transplant 2007 now 36 years old.
- It is a delight to read the comments from those who are doing well, and my heart goes out to those with problems. I deeply hope that they find health and resolution. I am 76, the age when friends begin to die. We lost three this summer, and I am between gratitude and survivor's guilt when I think about them. Many thanks, and wishing you continued successes in research and treatment. Allogeneic transplant 1997 now 76 years old.

Work challenges

- Life is very different since my AML diagnosis. My job that I was at for 12 years was in a hospital. Because of my immune system I can't go back to that job. It's been very difficult to find a new career at the age of 47. Especially with my "chemobrain". Retaining new information is difficult. Really wanting to get to a "new normal". Allogeneic transplant 2016 now 47 years old.
- I do feel that in the last couple of years my quality of life has decreased due to the effects of the BMT I had in 1993 catching up with me. I have difficulty walking due to discomfort and loss of balance and had to retire early from my job due to deceased cognition. Autologous transplant 1992 now 62 years old.
- Now that I'm 45 years old, I think about my career and what I want to do next. I'd like to think I have another 20 years or so ahead of me that I might use to explore a new direction before I retire, then how I'd spend my retirement. But I also still worry about looking too far ahead. How much time do I even get to hope for? The last maybe 7 years since my transplant 10 years ago have been mostly smooth sailing (knock wood) and have made me more optimistic, but I have these doubts in the back of my mind that I can have an "average" life span, given what my body's been through. It's hard to tell lingering transplant effects (chronic GVHD) from age-related physical changes. This is a new, unwelcome fear for me in what is otherwise a really fun and fulfilling life with my husband and daughter. Allogeneic transplant 2010 now 45 years old.

• I worked hard after the transplant to go back to work as a PA. My first day back, I was laid off for missing work for the transplant (clinic lost income during my absence) and have been unemployed since, retiring because of COVID. Autologous transplant 2019 – now 65 years old.

COVID changes

- I experienced Covid-19 March-April 2020. Isolated at home with no serious effects during 5-6 weeks. However, the past 5 months "fog brain", chronic fatigue, chronic sleep interruptions (never experienced <u>before</u> Covid-19), some difficulty in making simple decisions (very unusual for me!), chronic sinus problems. These issues seem to be quite common after Covid-19 for many people. Aplastic Anemia 1979 now 72 years old.
- Cancellation of the LTFU Reunion was a disappointment. Would be nice to personally thank the staff who took care of me while we were at SCCA. In lieu of that, I'm sending a couple of photos showing how we have spent the last 6 years. Lots of travel, outdoor activities...more trips, daughter's wedding and just enjoying life. As difficult as the COVID virus made life this year, I'm feeling really great. Autologous transplant 2014 now 70 years old.
- I was on a 4 month world cruise last year (2020) until it ended early (Mar 20) due to "Covid", etc, etc. Autologous transplant 1993 now 90 years old.
- I contracted Covid in November of 2020. I was in (the hospital) for 18 days. It was not an easy procedure for me. I have kidney and liver issues and that is why I was in the hospital for a while. Doing fine now. Allogeneic transplant 1982 now 71 years old.
- 2020 was a very brutal year for everyone, especially me. First, I got Covid-19 and was sick for about two weeks. Felt ok for the most part but lost about 15 lbs. from the illness. I lost so much muscle so quick. It took me years to build that up now all gone in about two weeks. Allogeneic transplant 2011 now 29 years old.
- 30+ years ago I wore those yellow disposable masks post-transplant to protect myself from infection, feeling very much an oddity. Today, I wear masks to protect myself and others from Covid, joined by so many others, and having such a selection of masks to choose from! My Hutch logo mask is my favorite -- worn with gratitude for the wonderful care and cure that I received and pride in the amazing contributions that the Hutch continues to make to public health, immunotherapy, basic science and now Covid-19. Allogeneic transplant 1989 now 53 years old.
- My answers are including the Covid lockdown, mask wearing and 6 ft. apart. I felt as though I am going through the treatment again with no end in sight. Social activities are gone. Mental state is loneliness and depression. Autologous transplant 2007 now 71 years old.
- Fourteen trips around the sun since my bone marrow transplant in March 2007. At that time, a 45-year-old mother of 3. Yet every day walked from the Pete Gross House to the SCCA, appreciating life for another day. As Covid-19 unfolded, I was immediately reminded of the detailed protocols taken in Seattle to protect my health. Allogeneic transplant 2007 now 59 years old.

- 32 years!! Woohoo!! I have been alive longer on the survivor side of the fence and am grateful for every day. These questionnaires are like a new year resolution they remind me to keep my priorities straight. I got my covid vaccine and was a little leery at first I had actually wondered if a mRNA vaccine would affect my immune system and disrupt the peaceful co-existence between my donor's DNA and my own. But all seems to be well! Thank you again to everyone at Fred Hutch. It was a brutal journey 32 years ago, but I am eternally grateful and fortunate to be doing so well for so long. Allogeneic transplant 1989 now 58 years old.
- My care was postponed & neglected due to Covid. More preventable is the protocol of SCCA not to step on toes of local/regional care. Local/regional care saying "SCCA in lead. SCCA has more experience, sees more patients." Who is leading? I fell through cracks. Allogeneic transplant 2018 now 70 years old.
- Getting through the pandemic as a transplant survivor has been a roller coaster. It's comforting to know that you have been trained to wash your hands and avoid getting sick so there was less fear in having no control over avoiding the disease. At the same time, the lock down felt like going through transplant all over again with the isolation of people avoiding you for fear of getting you sick and losing control of your basic chores like grocery shopping because people insisted you stayed in to avoid any risk of illness. Allogeneic transplant 2012 now 32 years old.
- I also had a major observation during the pandemic lockdown. I didn't get sick ONCE. Over the years I tended to get sick frequently and harder than most where I'm in bed for a week or two, even though I live an extremely healthy lifestyle. So I think my career has been putting me at risk for a long time. Interesting to see, and I'll probably be adopting face masks for as long as I keep doing makeup. Autologous transplant 2001 now 41 years old.
- Covid: I have been fully vaccinated (Moderna). To the best of my knowledge I have not had covid. I do have a couple of family members who are anti-vax. My family members, and so many others, frustrate and worry me because of their risk of spreading the disease, their risk of illness and even their death. I have had friends die from covid. My point being that I tried to keep my frustration about covid from my survey responses. I'm not sure I was completely successful. Autologous transplant 2011 now 78 years old.
- In a week, it will be five years since transplant. A milestone indeed. I think of my recent life very much as pre and post transplant, it changed so much. I wonder how many will now remember their lives as pre and post covid pandemic? Allogeneic transplant 2015 now 67 years old.

Financial costs

• As I age, I wonder what symptoms I have are due to my GVHD and which are just my normal aging progression. It is frustrating that there aren't definitive ways of treating my GVHD that show results. Right now it seems like we are just hoping that it doesn't get any worse, and not working as much to make it better. I have been on a course of ECP and also find that frustrating. It costs my insurance about \$17,000 each visit and has already exceeded \$1M. (\$1,225,000) and I have strong feeling of guilt about that. It would be less if I saw some definite improvement but it's really just stable. Allogeneic transplant 2013 – now 58 years old.

- Prescription medications like Revlimid are criminally high and something should be done about it, or find something else to use where the CEO's bonus check isn't dependent on the high price of their drugs when raised arbitrary because they can! It is a fraud, and often doctors prescribing it don't know the cost to the patient which is shameful. Autologous transplant 2018 now 72 years old.
- Looking forward to warmer weather to ride my motorcycles. Life is good. I have always been treated very well at SCCA. My only complaint is my very expensive out of pocket costs even with a gold plan. My last visit cost me \$2000.00. Allogeneic transplant 2015 now 64 years old.
- While I am thankful that my transplant was so successful, the thing that wears me down is the fact that medical issues (new and old) never stop and high medical bills never stop. Allogeneic transplant 2001 now 55 years old.

Facing cancer again

- Never thought I would be fighting another cancer...so here we go. Allogeneic transplant 2001 now 63 years old.
- I'm very grateful for the 2 and a half years being disease free. Unfortunately, my prognosis for my current glioblastoma is not so good. But still <u>very</u> grateful for all of my SCCA/UW care. Autologous transplant 2017 now 78 years old.

Medical issues finally under control

- This past year has been the best since transplant, my GVHD is under control and it's wonderful to lead a normal life! Allogeneic transplant 2014 now 66 years old.
- Since my transplant, I've had ups and downs with some complications (currently all are improving or resolved). I'm thankful for every day and I'm thankful for the patients who went before me. I want to continue to contribute to research at Fred Hutch/SCCA so that I can help transplant patients who come after me. Allogeneic transplant 2018 now 74 years old.
- I have been on Celexa since leaving the hospital. The plan was to get off of it when things 'got back to normal', but life and the world haven't been very normal! I'm so grateful for the woman who recommended I start it. I feel that it has helped me overcome a lot of challenges and setbacks. I will never forget something she said to me, "you have to go through this, but you don't have to suffer." I hope that other patients who are suffering from panic or anxiety are given the same opportunity. Allogeneic transplant 2017 now 55 years old.
- This Saturday marks my 20th re-birthday! It is amazing to realize that it's been that long since I had my SCT for myelofibrosis. It took 8 years for the GVHD to burn itself out, but on the whole, I've had 20 bonus years in which I have seen both daughters graduate from college, marry, and have children. The SCT was a blessing, not only for giving me physical health, but it also helped me grow closer to God, gain a worry-free perspective and a life overflowing with joy. In fact, it

- made going through this year's pandemic easy hand-washing, hand-washing hand-washing. Allogeneic transplant 2001 now 70 years old.
- I've had the best year of health since my transplant. I've really only had I cold/flu in 2020. Good possibility it was a mild case of Covid in March 2020, but I did not get tested. Autologous transplant 2012 now 56 years old.

Memory issues

- I don't remember conversations, faces or events. I'm increasingly uncomfortable in social settings because I am unable to remember names (not only when first introduced, but when I've known the person a long while such as the ladies in the water aerobics class I've attended for 16 years, classmates, neighbors of 22 years). I don't recognize faces unless I know them well (meeting a neighbor in a grocery store, or a person I have interacted with for some length of time). I am increasingly embarrassing myself because I don't remember. Allogeneic transplant 1998 now 65 years old.
- I feel cognitively different since the transplant. My executive functioning seems diminished with decreased concentration and increased anxiety. My ability to multi task is diminished and my desire to initiate new projects is diminished. Autologous transplant 2018 now 67 years old.
- Inability to focus and poor short term memory are my longest lasting and most severe side effects from transplant. These items make it very difficult to function in a social atmosphere. Autologous transplant 2017 now 44 years old.
- The one thing I do have concerns about is my (seemingly) early onset of short term (as in of the instant) memory problems. Examples: starting a conversation and forgetting what I wanted to talk about, going upstairs or outside etc. and forgetting why I went, not remembering to do things I ordinarily do daily (taking vitamins) etc. No one in my immediate or extended family has seemed to have these issues until a ripe old age. Allogeneic transplant 2013 now 69 years old.

Transferring care is hard

- Transferring from Seattle Children's to the UW Medical Center (UW MC) is a very tough transition. Going from an engaging environment with lots of color, designs, and interactivity to stark, bland colors in an "adult" hospital is a shocking experience. Doctors' attitudes are different as well. At Seattle Children's, I felt the doctors, faculty members, and staff members truly cared about my health. From just a few visits to the UW Medical Center (and other facilities affiliated with UWMC), I have not had the same level of engagement and care from faculty, nursing, or staff members as I have had at Seattle Children's. I don't feel as safe at UWMC as I have at Children's. No wonder I don't like going to "adult" hospitals. I may be an adult on paper, but I still feel like a child sometimes. Autologous transplant 2000 now 22 years old.
- After my transplant I made the handoff to LTFU. That seemed abrupt to me. I didn't have the secure feeling any longer. I somehow felt more vulnerable during that time. I was so focused on

what was going on and getting to the next step of chemo/transplant. Then suddenly I pop out, boom! You're all done! That's when the situation changes. Everything that piled up during the previous month care waiting for you! Bills, doubt/worry, return to work, little stuff like mowing the lawn and picking up the dog poop. It's a lot all at once and there are no resources to fall back on that are made available to you for things like the big bills for CT/MRI. Autologous transplant 2019 – now 58 years old.

Celebrating transplant anniversaries

- In a few weeks I'll be celebrating sixteen years free from cancer the same day as I celebrate my 88th birthday! I am grateful for the life I've been given. Believe you me, the "gift of life" is worthy of celebrating and I will do so with my family! Autologous transplant 2005 now 87 years old.
- I just had my 10 year anniversary. It was weird. There was a build up of anxiety and excitement, but when the day came it was anti-climactic. I was surprised that I felt very little emotion and it was just another day. I guess I'm moving past my cancerous past and that is something to be thankful for! Allogeneic transplant 2011 now 38 years old.
- Next week I'll be 18 years old. I'll be forever grateful for everything you did for me. Autologous transplant 2003 now 62 years old.
- My 25th BMT anniversary. WOW. Not only did I make it, but it was a perfect 24 hours for me. I woke up that morning to the sound of my adorable grandkids playing, geese flying overhead, and the sweet smell of breakfast coming from the kitchen. We played like kids all day, basketball, soccer, boating, tubing, swimming, and making sand castles. We had a dinner party with family, which included my sister who donated her life-giving marrow. We looked through all my picture books from 25 years ago, which brought up so many amazing and beautiful memories of my cancer journey, and some very sad ones of my cancer compatriots whom we lost along the way. I called or contacted everybody that supported me during my cancer experience in Seattle, including my four buddies, the "Four Horseman", that came out from the Midwest to visit me. We had my favorite meal, a big cake, and I got an interesting and fun rendition of Happy Anniversary. It ended with a sunset boat ride, and a big old campfire, where the last two of us, myself and my 8-year old grandson, talked for over an hour under the stars about life and love. I could not have scripted my special day any better. THANK YOU SO MUCH, FRED HUTCH, FOR MAKING THIS DAY, AND ALL THE DAYS IN BETWEEN, POSSIBLE. I knew that I was right when I chose your organization for my leukemia treatment and you delivered, and then some!!! Now – I will dig in, and push hard, for #30!!! Allogeneic transplant 1996 – now 66 years old.