



AAMAC
ACAAM

Aplastic Anemia & Myelodysplasia
Association of Canada
Association canadienne de l'anémie
aplasique et de la myélodysplasie

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A second chance at life: Russ's story

Married for 33 years, Russ and Carol Farquhar share a passionate exuberance for life. They love to entertain, travel, spend time with their children and grandchildren, and enjoy life at their beautiful farm in the township of King, north of Toronto.

In March 2020, the Farquhars received troubling news. A doctor noticed that Russ's white blood cell count was low and ordered a bone marrow biopsy. In June Russ was diagnosed with MDS, a rare form of bone marrow cancer.

Despite his diagnosis, Russ remained upbeat. The Farquhars received good news, too: Russ was a candidate for stem cell transplantation — the only curative option for MDS patients.

After the transplantation, Russ's recovery went smoothly. Carol helped him manage his strict diet and medication schedule — just one of the many ways she supported Russ throughout his journey. "It would be a hard thing to do this by yourself," Russ said. "Carol was there for me every single day."

As Russ's caregiver, Carol needed support, too. "The support from our family and friends was absolutely amazing," she said.

Carol connected with our organization and appreciated the many resources we offer. "They offer all kinds of help and emotional aid," Carol said. "They were really great."

The generous donor who contributed their stem cells to Russ was also a key support team member. While some patients receive their stem cell donation from a family member, Russ received his from a complete stranger — and it came with a personalized note. "It's almost making me tear up now just thinking about it," he said. Russ and Carol look forward to the day that they can thank Russ's donor for giving him the ultimate gift — a future.

From his loved ones to his care team to a complete stranger, Russ has been supported every step of the way and, at this moment in time, all signs appear to lead to a full recovery. AAMAC was a key part of that support system. Visit thestar.com to read their full story.



AAMAC is so happy to have been able to assist Russ and Carol. We thank you for your continued support to ensure we can continue working with patients and caregivers across Canada.

Yours sincerely,

Cindy Anthony *Executive Director*