

Five Reasons You Should Seriously Consider Donating Blood:

Reason #1: Every two seconds, someone in the United States needs blood. That means more than 38,000 blood donations are needed per day. Currently, less than 38% of the population is eligible to give blood, with only 3 out of every 100 Americans actually donating. It's a very elite group, but they're always looking to expand membership.

Reason #2: There are four types of transfusable products that can be derived from a pint of whole blood: red cells, platelets, plasma and cryoprecipitate. As each pint of donated whole blood is separated into two or three of these products, each donation can help save up to three lives.

Reason #3: Donating blood is a simple four-step process: registration, medical history and mini-physical, donation and refreshments (cookies!) The whole process takes no more than one hour and 15 minutes with the actual blood collection taking about 12 minutes.

Reason #4: The two most common reasons people don't give blood are, "I never thought about it" and "I don't like needles." Well, we're thinking about it right now! And, let's face it, as cancer survivors, haven't we dealt with much worse than a needle prick. Plus, blood donation is an opportunity to volunteer, rather than be drafted. Wouldn't it feel good to put out your arm for a cause and walk away knowing you've contributed to the good health of someone other than yourself?

Reason #5: More than 1 million new people are diagnosed with cancer each year. Many of them will need blood, sometimes daily, during their chemotherapy treatment. Isn't it wonderful to know that, as cancer survivors, many of us are eligible to donate blood to the many cancer patients who sorely need it?

If you are eligible, please consider donating blood. When I do it always gives me a really good feeling and I hope it does the same for you. I'd love to hear about your blood donation experiences.

Why is it good to give blood?

A blood donor must be deemed healthy before donating blood. A person who donates blood burns about 650 calories with every pint donated, as the body has to work to replenish itself. Though there are many benefits to donating blood just one time, the people who benefit most from blood donations are regular donors.

Is it bad for you to give blood?

New, sterile disposable equipment is used for each donor, so there's no risk of contracting a blood borne infection by donating blood. If you're a healthy adult, you can usually donate a pint of blood without endangering your health. Within 24 hours of a blood donation, your body replaces the lost fluids.

What is the importance of donating blood?

The number one reason donors say they give blood is because they “want to help others.”... Whatever your reason, the need is constant and your contribution is important for a healthy and reliable blood supply.

What prevents you from giving blood?

According to the American Red Cross: Being positive for the AIDS or hepatitis viruses rules one out as a blood donor. Individuals who have had ear, tongue, or other body part piercing are allowed to donate blood as long as the needle used in the piercing was sterile. ... A person with diabetes is allowed to donate blood.

How long does it take to recover from a blood donation?

How long will it take to replenish the pint of blood I donate? The plasma from your donation is replaced within **about 24 hours**. Red cells need about four to six weeks for complete replacement. That's why at least eight weeks are required between whole blood donations.

What are the side effects of donating blood?

Sometimes people who donate blood notice a few minor side effects like nausea, lightheadedness, dizziness, or fainting, but these symptoms usually go away quickly. The donor's body usually replaces the liquid part of blood (plasma) within 72 hours after giving blood.

Can I be a blood donor?

To ensure the safety of blood donation for donors and recipients, all volunteer blood donors must be evaluated to determine their eligibility to give blood. ... If you were deferred from donating in the past, you may be able to donate again

Give Blood, the ultimate renewable resource

Blood is essential for life: it carries oxygen and nutrients throughout the body, fights infections, and helps heal wounds. And everyone has this self-generating resource that can be generously given to others—when and where it is needed most.

- Accidents happen 24/7 that put our friends, family, and neighbors in danger
- Blood transfusions save the lives of cardiac patients during surgery
- Premature infants come into the world often needing blood to survive

You or someone you know will need blood.

If not personally in need, at some point we will all know a friend, neighbor, family member, or co-worker who needs a blood transfusion. In fact, 1 out of 3 people will need blood in their lifetime. From natural disasters to unforeseen catastrophes, emergency hospital procedures to life-long battles with chronic diseases such as sickle cell, the demand for blood is constant. The supply is not. And since there is no substitute, only volunteer blood donors can roll up their sleeves and save lives.

Blood is the most precious gift that anyone can give to another person — the gift of life. A decision to donate your blood can save a life or even several if your blood is separated into its components — red cells, platelets and plasma — which can be used individually for patients with specific conditions.

Blood transfusion saves lives and improves health, but many patients requiring transfusion do not have timely access to safe blood. The need for blood transfusion may arise at any time in both urban and rural areas. The unavailability of blood has led to deaths and many patients suffering from ill-health. An adequate and reliable supply of safe blood can be assured by a stable base of regular, voluntary, unpaid blood donors. Regular, voluntary, unpaid blood donors are also the safest group of donors as the prevalence of blood borne infections is lowest among these donors.

A Single Car Crash Can Result In Dozens Of Heroes. Give More Life. Donate Blood.

Q: Why should I donate blood?

A: Safe blood saves lives and improves health. Blood transfusion is needed for:

- women with complications of pregnancy, such as ectopic pregnancies and hemorrhage before, during or after childbirth;
- children with severe anemia often resulting from malaria or malnutrition;
- People with severe trauma following man-made and natural disasters; and many complex medical and surgical procedures and cancer patients.
- It is also needed for regular transfusions for people with conditions such as thalassaemia and sickle cell disease and is used to make products such as clotting factors for people with hemophilia.

There is a constant need for regular blood supply because blood can be stored for only a limited time before use. Regular blood donations by a sufficient number of healthy people are needed to ensure that safe blood will be available whenever and wherever it is needed.

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Why donating matters:

- **Reason 1: Your community is depending on you.**

Become a regular blood donor and you'll create a legacy of community service for generations to come. Beginning at age 16, if you made a donation approximately every three months until you reached 76, you would have donated 30 gallons of blood!

- **Reason 2: You make a big impact—in so little time**

Donating blood takes about one hour, including a mini-physical and health interview. Actual donation time is typically only 10 minutes. And within about 10 days, your blood will have helped saved lives in your community.

- **Reason 3: If not you, who?**

Right now, family members, neighbors, friends, co-workers, and others in your community are depending on you. Premature infants are born day and night, often requiring blood to survive. Cardiac surgery patients may need life-sustaining blood transfusions. The need is great. The rewards are many. And only you can volunteer to give the gift of life.

All Donors will receive the following free Health Screenings:

- Cholesterol
- Blood Pressure
- Pulse
- Iron
- Temperature
- Blood Type

BE A WARRIOR AND GIVE THE GIFT OF LIFE!!!

To Schedule an appointment contact:

Phyllis @ 973-884-0785