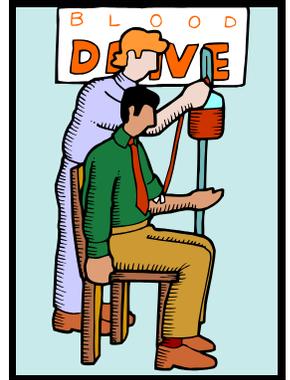




Health Yourself Byte



January is National Blood Donor Month.

Carter Blood Care has notified us that there is a DFW Metroplex Critical shortage of type O blood.

Did you know . . .

1. 4.5 million Americans would die each year without life saving blood transfusions.
2. Approximately 32,000 pints of blood are used each day in the United States.
3. Every three seconds someone needs blood.
4. One out of every 10 people entering a hospital needs blood
5. Just one pint of donated blood can help save as many as three people's lives.
6. There are four main blood types: A, B, AB, and O. AB is the universal recipient and O negative is the universal donor.
7. Blood centers often run short of type O and B blood.
8. Shortages of all types of blood occur during the summer and winter holidays.
9. About three gallons of blood supports the entire nation's blood needs for one minute
10. Blood donation takes four steps: medical history, quick physical, donation, and snacks.
11. The actual blood donation usually takes less than 10 minutes. The entire process from when you sign in to the time you leave takes about 45 minutes.
12. You cannot get AIDS or any other infectious disease by donating blood.

There are several types of blood donation:

Whole blood. This is the most common type of blood donation, during which approximately a pint of whole blood is given. The blood is then separated into its components — red cells, plasma, platelets.

Platelets. This type of donation uses a process called apheresis. During apheresis, the donor is hooked up to a machine that collects the platelets and some of the plasma, and then returns the rest of the blood to the donor.

Plasma. Plasma may be collected simultaneously with a platelet donation or it may be collected without collecting platelets during an apheresis donation.

Double red cells. Double red cell donation is also done using apheresis. In this case, only the red cells are collected.

To be eligible to donate whole blood, platelets or plasma, you must be:

- In good health
- At least 17 years old — the minimum age varies with some states allowing 16-year-olds to donate with parent permission; there's no upper age limit
- At least 110 pounds
- Able to pass the physical and health history assessments

Make a difference in your community! Consider being a blood donor this month. You can contact Carter Bloodcare at www.carterbloodcare.org or the American Red Cross at www.redcrossblood.org or call 1-800- RED CROSS (1-800-7332767)

