



**American
Red Cross**

NEWS

Together, we can save a life

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Just Like Spring, Blood Donations Hold Promise of the Gift of Life

Have you noticed that the days are getting a little longer and the sun is shining a little brighter? Vivid red tulips and soft green budding trees are an added welcome to the contrast of white snow and gray skies. With spring, Mother Nature offers the world the gift of renewed life. You can do the same for patients in need.

Your one blood donation can make a life-saving difference for more than one person. Each time you donate blood, your blood is separated into its components, and different products can be made and transfused to more than one patient in need. Accident victims with severe blood loss use red cells, shock and trauma patients often need plasma, and platelets help patients who are undergoing treatment for certain types of cancer.

Just as the vivid reds and yellows of the flowers and the soft greens of the budding trees show us renewed life, a blood donation is the gift of life that only you can give.

It feels good to help save a life. Call Nita Marr at 503-982-2359 or email nita.marr@ci.woodburn.or.us to schedule your blood donation appointment at the Woodburn Police Station blood drive on **WEDNESDAY, APRIL 7, 2010 from 9am to 2pm.**

- www.nwblood.redcross.org -

About the American Red Cross

The Red Cross provides nearly half of the nation's blood supply (collecting more than six million units a year from volunteer donors) to patients in 3,000 hospitals across the country through its national network. Founded in 1949, Pacific Northwest Regional Blood Services must collect 5,000 donations weekly to meet the needs of accident victims, cancer patients, and other ill or injured people who need transfusions. It serves more than 80 hospitals in Oregon, Washington and Alaska. Call **1-800-GIVE LIFE** or visit www.nwblood.redcross.org to schedule your blood donation or to sponsor a blood drive.



Blood Bulletin

The Importance of Iron in Blood Donation

Donor Safety

Prior to collecting a blood donation, the Red Cross determines how safe it is for a donor to give blood. One way is to measure a donor's hemoglobin or hematocrit level to help determine the volume of oxygen-carrying red cells in the blood. A low hemoglobin or hematocrit level means the donor lacks enough red blood cells to share. In this case, the donor is temporarily deferred from donating blood.

Importance of Iron

Iron is necessary in building the proteins of red blood cells, which help carry oxygen from the lungs to all parts of the body. These red blood cells help the body metabolize energy and stay healthy.

Different factors may contribute to low levels of iron and, thus, a low concentration of red blood cells. These include: (a) the monthly loss of blood

during menstruation among women, (b) the high carbohydrate diets and high levels of physical activity of athletes and (c) frequent blood donation.

A Well-Balanced Diet

A well-balanced diet with plenty of iron-rich foods helps maintain a healthy hemoglobin or hematocrit level and helps ensure that donors are eligible to give blood. Donors who are deferred because of a low hemoglobin or hematocrit level can reschedule an appointment and return to donate at a later time.

Vitamin C helps the body absorb iron. Foods high in Vitamin C include citrus fruits, raspberries, strawberries, tomatoes and broccoli.

It is recommended that donors avoid beverages with tannin concentrations, which inhibit iron absorption, during meals. These include coffee, tea and red wine.

The following foods are high in iron content.*

Meat & Poultry

Beef, pork, lamb, liver, chicken, duck, turkey

Fish & Shellfish

Clams, oysters, sardines, shrimp, haddock, tuna, halibut

Legumes

Lima beans, green peas, pinto beans, black-eyed peas, canned baked beans, soybeans, white beans, lentils, kidney beans, chickpeas, navy beans, black beans

Nuts & Seeds

Pumpkin seeds, cashews, pine nuts, pistachios

Vegetables & Fruits

Raisins, cherries, dates, prune juice, tomatoes, tomato paste, broccoli, kale, turnip greens, collards, spinach, lettuce, baked potato, beets, mushrooms, sweet potato, Brussels sprouts, butternut squash, asparagus, pumpkin

Grain Products

Whole wheat bread and rolls, iron-enriched white bread, bagels, oat bran, barley, rice, fortified ready-to-eat cereals, fortified instant cooked cereals

Miscellaneous

Tofu, blackstrap molasses

* For more information on iron-rich foods, visit www.nal.usda.gov/fnic/foodcomp/data/sr20/nutrlist/sr20w303.pdf

Every day, area hospitals are filled with cancer and surgery patients, premature babies, accident victims and other ill and injured people who need transfusions to live. Blood cannot be manufactured, it can only come from donors and because all blood and blood products are perishable, the supply must be constantly replenished.

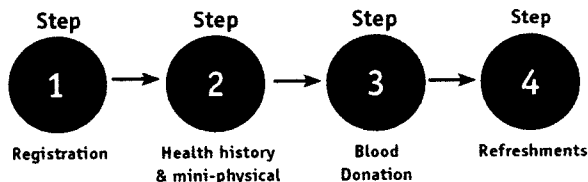
When you donate blood, your single unit can be separated and transfused as components: red cells, platelets and plasma, so by donating one unit of blood, you may help save more than one life.



Emma Otter, 20 months, received platelets during chemotherapy sessions. She is just one of the thousands of local patients who depend on blood donations while battling serious illness.

Knowing how important blood is to patients helps overcome the fear of needles that worries many people before donating. The

actual process of donating blood only takes about 15 minutes and is almost painless.



There are four steps each donor must go through when giving blood: registration, health history and mini-physical, blood donation and refreshments.

Donors must be at least 17* years old (*age requirements vary by state; some donors may be required to have a signed American Red Cross parental consent form), weigh at least 110 pounds and be in good health the day of the donation. Here is some other information to help you before, during and after giving blood.

Before donating:

- Get a good night's sleep.
- Have a good breakfast or lunch.
- Drink extra water and fluids to replace the volume you will donate (avoid tea, coffee, or other beverages with caffeine).
- Eat iron-rich foods: red meat, fish, poultry, beans, iron-fortified cereals, raisins or prunes.
- Avoid fatty foods such as hamburgers, fries or ice cream before donating.

During the donation:

- Wear clothing with sleeves that can be raised above the elbow.
- Show the staff any "good veins" that have been used successfully in the past to draw blood.
- Relax.

After the donation:

- Rehydrate by drinking plenty of fluids over the next 24-48 hours.
- Avoid strenuous physical activity or heavy lifting for about five hours after donation.
- If you feel light-headed, lie down, preferably with feet elevated, until the feeling passes.
- In rare cases when bleeding occurs after removing the bandage, apply pressure to the site and raise your arm for 3-5 minutes; if bleeding or bruising occurs under the skin, apply a cold pack to the area periodically during the first 24 hours.
- Take the time to enjoy a snack and a drink in the refreshments area immediately after donating.