

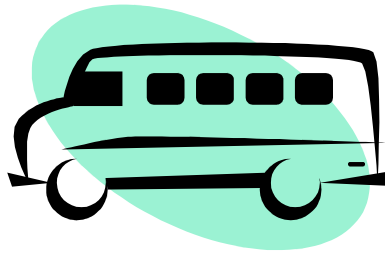
## Call Today!

Inova Blood Donor Services is dedicated to providing a safe and adequate blood supply for patients in the diverse community that we serve.

If you are interested in coordinating a blood drive at your place of worship, workplace or at a community center, we'll come to you!

**Call 1-866-BLOODSAVES  
(1-866-256-6372 )  
for more information about  
scheduling a group donation for  
30 or more donors.**

In appreciation of our regular blood donors and first-time donors, everyone who completes the screening process will receive a cozy fleece scarf courtesy of Inova Blood Donor Services.



Information provided by Inova Blood Donor Services. Edited by Genea Luck, Program Manager, Congregational Health Partnership.

Articles in this newsletter are not a substitute for the care and advice of medical professionals. When you have a question or need medical advice, diagnosis or treatment, consult your physician.

This newsletter is produced by Inova Health System in conjunction with your faith community. If you prefer not to receive this newsletter, please notify the appropriate personnel in your faith community.

Inova Health System is a not-for-profit healthcare system based in Northern Virginia that consists of hospitals and other health services, including emergency- and urgent-care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses.



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*Congregational  
Health  
Partnership  
is a program  
of Inova  
Community  
Affairs Division*



## For Your Health

### National Blood Donor Month

To celebrate the importance of becoming a regular blood donor, Inova Blood Donor Services (IBDS) joins blood collection agencies around the country in recognizing National Blood Donor Month during January.

Blood is traditionally in short supply during the winter months due to the holidays, travel schedules, inclement weather and illness. January, in particular, is a difficult month for blood centers around the nation to collect blood. A reduction in turnout can put our community's blood inventory at a critical low.

Recent studies show that only 37 percent of people in the United States are eligible to donate blood. Of those, fewer than five percent donate on a regular basis.

Inova Blood Donor Services is the largest hospital-based blood collection operation in the nation. Unlike blood collected by other organizations, the blood collected by Inova stays local, so there is a ready supply when you or a loved one needs it.

With highly skilled phlebotomists, a state-of-the-art testing facility, mobile units and four collection sites, donating with Inova Blood Donor Services is safe, convenient and vital to the community. We need more than 200 units a day to meet the needs of our community.

## The Components in Blood

### Red blood cells

Cells containing hemoglobin transport oxygen and nutrients to all parts of the body and remove carbon dioxide and waste. Red blood cells are used for more than 70 percent of all transfusions and can be stored out of the body for up to 42 days.

### White blood cells

White blood cells protect the body against disease and infection. They move through the blood stream to attack and absorb bacteria.

### Platelets

Platelets are small cells in the blood that induce clotting and control bleeding. They can be stored out of the body for up to five days.

### Plasma

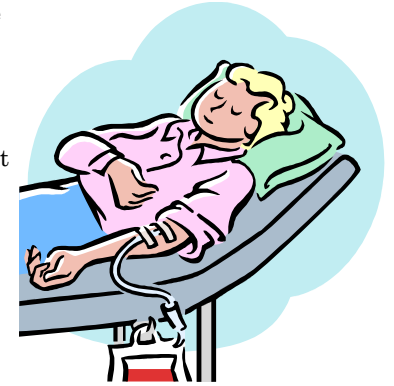
Plasma is a pale yellow mixture of water, proteins, and salts which act as a carrier for blood cells, nutrients, enzymes, and hormones. It can be kept in a frozen state for up to a year.

## Who Can Donate Blood?

- Minimum age is 16 years old with permission of parent or legal guardian. Minimum weight is 110 pounds.
- A picture ID such as driver's license, employee ID, or credit card with your photo on it is needed to donate blood.
- You should feel well and healthy on the day you donate and have no history of hepatitis after age 11.
- You may donate while on most medications, including blood pressure and cholesterol medications; However, not if taking an antibiotic.
- One-week waiting period after receiving a tattoo or body piercing, when procedure is performed in a professional setting with sterile, single-use equipment
- 24-hour wait after routine procedures such as cleaning or fillings; 72-hour wait after a root canal or oral surgery.
- After pregnancy, wait six-weeks after vaginal delivery and six-months after a cesarean section.
- You may donate blood after trips to most destinations

## The Types of Blood Donations

When most people give blood, they give a pint of “**whole blood**” which means a donation containing all four blood components. Each donation of whole blood is taken to the testing lab where the white cells are filtered out. The unit is then separated into the remaining components: platelets, plasma, and red blood cells. Whole blood donors are eligible to give blood every 56 days.



### ABC (automated blood collection) donation

Making an automated donation means that you provide a particular blood component or set of components such as red blood cells, plasma and/or platelets. This technology enables us to collect specific components and return the uncollected components safely back to the donor via the automated process. Each blood component is unique and important:

- **Platelets.** One platelet donation yields as many platelets as normally present in six whole blood donations. Platelets are given to help stop bleeding in patients recovering from cancer, leukemia, open-heart surgery, and transplant surgery. A platelet donation typically takes 90 minutes. You can donate platelets every 14 days.
- **Plasma.** One plasma donation yields as much plasma as three whole blood donations. Plasma carries clotting factors and nutrients. It is often given to trauma patients, organ transplant recipients, newborns, and patients with clotting disorders.
- **Red blood cells.** One red cell donation yields as many red blood cells as two whole blood donations. Red blood cells carry oxygen and are often given to surgery and trauma patients and those with blood disorders such as anemia and sickle cell anemia. A double red blood cell donation typically takes 20-30 minutes. You can donate double red cells every 112 days.

All blood types are needed for components. Component donations are safe for donors and make transfusions even more efficient and safe for patients.