

Blood Donor Month Newsletter

Issue 1

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A gift that keeps on giving...

In one hour's time, a person can donate one unit of blood that can be separated into four individual components that could help save multiple lives. From one unit of blood, red blood cells can be extracted for use in trauma or surgical patients. Plasma, the liquid part of blood, is administered to patients with clotting problems. Platelets, the third component of blood, clot the blood when cuts or other open wounds occur, and are often used in cancer and transplant patients.

Think about it this way- the unit of blood you decide to give is one of the best ways to serve the sick or injured in the community, because those who benefit from receiving blood are often more willing to donate blood when they become healthy again. That makes it the perfect gift that keeps on giving.

Our Amazing Blood

It staggers the imagination- just a drop of blood the size of this letter 'o' contains 5 million red blood cells, 300,000 platelets, and 7000 white blood cells. The heart, like every other organ in our body, cannot function without the oxygen that our red blood cells deliver. Every second of the day our bodies are working hard on our behalf. In fact, three hundred billion red blood cells die and are replaced each day.

Spiritually and physically blood signifies life, and symbolizes in a powerful way 'Christ in us'. As we engage in healthy behaviors (including regular activity, stress management, and healthy eating), we treat this life-giving blood with the respect it deserves.

Blood Donation Facts

- One pint of blood (normal donation amount) is only 1/10 of a donor's total amount of blood.
- After donating, the plasma (the fluid portion of blood) will adjust within a few days. The red blood cell count will return within a few weeks.
- There is no risk of contracting AIDS or any other disease through the donation process.
- Aspirin and ibuprofen will not affect a whole blood donation.
- Most blood donations are processed and available for use within 48 hours.
- You may donate whole blood once every 56 days

Last year the Central PA Blood Bank recognized Messiah for donating more blood than any other local college this spring semester. The campus community donated 182 pints this spring and 412 pints, or 51.5 gallons, this academic year.

Plan now to support Messiah's next blood drive by donating blood on Mon. Feb. 1, and Mon. April 19

Spring Exercise Classes

Don't forget to check out the spring exercise classes being offered for students and employees. Meeting once or twice a week, (depending on the class), the classes will begin the week of Feb. 8, run through the week of March 22, and will NOT meet during spring break. All participants must pre-register at the front desk in the fitness center anytime between 6AM-6PM, Monday-Friday.

Employees:

Don't forget to be checking the Messiah College Wellness webpage for updated information on programs offered, registration, and deadlines.

http://www.messiah.edu/offices/engle_center/wellness/index.html

Understanding blood types and transfusions

- Blood transfusions are a critical component in the treatment of patients with serious medical conditions, from cancer to major surgery, as well as accident and trauma victims.
- One in 10 individuals admitted to the hospital require a transfusion.
- O negative is the universal blood type for red cells.
- Type A B is the universal blood type for platelets and plasma.
- Anyone can receive type O red blood cells, and type AB individuals can receive red blood cells of any type

Sources : <http://www.aabb.org/content>; Yancey, P. & Brand, P. (1984). In His Image. Grand Rapids: Zondervan.