Who Needs Blood?
Many patients need blood now. The major reasons are:
• Trauma injuries and burns
• Cancer
• Blood and immune system diseases
• Surgery
• Heart and blood vessel disease
• Organ and bone marrow transplantation

Nearly 900 people must donate blood through Bloodworks Northwest every day to meet the needs of local patients. And your donation is critical in helping the community maintain a stable blood supply for emergencies.

Donation is convenient – and safe.
Donors can visit our 12 donation centers or one of the mobile units that collects blood at businesses, churches and schools throughout the Pacific Northwest. For a blood drive schedule, or information on hosting a blood drive, call 1-800-398-7888 or visit BloodworksNW.org.

Giving blood is a safe, easy process. After a donor registers, BloodworksNW staff asks about his or her health and medical history to confirm donation eligibility. Sterile, disposable equipment is used to collect each donor’s blood.

Actual donation takes only seven to ten minutes. The entire process is about an hour, but can help three people – each donated unit of blood is separated into platelets, plasma and red blood cells. The donor’s body immediately begins to replace the donated blood cells.

Who can donate blood?
Most people in good health (no cold or flu) can donate blood. In general, those who are at least 18 years old and weigh more than 110 lbs may donate blood every 56 days. There is no upper age limit.

First time 16 or 17 year old donors who weigh at least 114 lbs (males) or 125 lbs (females) may donate at a mobile blood drive with a BloodworksNW permission slip signed by a parent/guardian; this is to improve our young first time donors experience and minimize chances of vasovagal reaction. (16 or 17 year old donors who weigh at least 114 lbs may donate at a BloodworksNW donor center with a signed permission slip.)

Not everyone is eligible to donate. Some health conditions or medications may temporarily or permanently prevent people from donating blood. For more information about eligibility requirements, please see the next page, call 1-800-DONATE-1, ext. 2543, or e-mail clinicalprogram@bloodworksnw.org.

Steps to donating – a one-hour process
• Health history questionnaire and screening interview
• Brief physical examination of blood pressure, pulse, temperature and a test for red cell concentration
• After donation, refreshments while remaining seated for about 10 minutes

Please eat a healthy meal and drink fluids at least four hours prior to donating!

Did you know?

Blood cells
Red cells, white cells and platelets are made in the marrow of bones, especially in the vertebrae, ribs, hips, skull and sternum.

Plasma carries blood cells
Plasma is a pale yellow mixture of water, protein, and salts. One of its primary functions is to carry blood cells, nutrients, enzymes, hormones, certain gases and waste products.

Red cells deliver oxygen
Red cells are disk-shaped cells containing hemoglobin, a red protein that contains iron. Hemoglobin enables the cells to pick up and deliver oxygen to all parts of the body. Red cells also take carbon dioxide to the lungs, where it is exhaled.

White cells defend the body
White cells are the body’s primary defense against infection. They have the ability to move out of the blood stream and reach tissue being invaded.

Platelets help control bleeding
Platelets are small blood cells that control bleeding. They form clusters to plug holes in blood vessels and assist in the clotting process when the vessels are severely damaged.

After a blood donation
The body replaces plasma in about 24 hours, red cells are restored in two to four weeks, and platelets are replenished in about 72 hours.

1-800-398-7888 | BloodworksNW.org
Blood is needed every day. Right now, there are people in your community who need the help you can so easily provide simply by donating blood. Some of these patients have suffered serious injuries or severe burns. Some need blood during surgery. Others have life-threatening chronic diseases like leukemia and cancer that require frequent transfusions.

In fact, most people will require a blood transfusion at some point in their lives. You can help those who need one now. You really can save a life.

Imagine!

Your community resource

BloodworksNW is your local, nonprofit, independent, volunteer-supported, community resource. It is a key link in the healthcare network, serving nearly 90 hospitals in Washington, Oregon and Alaska. Our physicians offer 24-hour consultation to the medical community on transfusion and transplantation medicine issues, and provide valuable education and research aimed at improving patient care.

Register to donate marrow

Each year, thousands of patients with leukemia or other potentially fatal diseases need marrow or blood stem cell transplants to survive. Many of these people will search the National Marrow Donor Program Registry for a genetically matched donor.

You can join the registry through BloodworksNW by submitting a completed application and giving a simple cheek swab for tissue typing. To give all patients an equal chance of finding a donor, people of diverse ethnic backgrounds are specifically encouraged to join. Call 1-800-DONATE-1, ext. 1897, for more information.