

Why donate blood?

You can probably come up with a lot of excuses not to: fear of needles, no time, someone else will do it, "they" don't really need it... Here are a few reasons why you should donate blood:

Trauma patients

Each year:

- Over 2,000,000 people are injured in motor vehicle accidents;
- Over 75,000 people are hospitalized with severe burn injuries;

Without blood donations, many of these victims would be fatality statistics.

Surgery patients

Each year:

- Over 45,000,000 surgeries are performed;
- Open heart surgeries;
- Joint replacement (hips and knees);
- Organ transplants;

Without blood donations, many of these surgeries couldn't be performed.

Cancer patients

- Over 3,999,000 people are diagnosed with cancer;
- Over 44,000 new cases are diagnosed each year;
- Over 3,800 of those new cases are under the age of 20;
- Between the illness and the treatments, many cancer patients need blood and blood products to help them battle the disease.

Without blood donations, many do not have a fighting chance.

Sickle cell disease patients

- Over 70,000 people in the United States have sickle cell disease;
- Over 1,000 babies are born with sickle cell disease each year.

Without blood transfusions, victims of sickle cell disease suffer immense pain and a shortened life expectancy.

It is estimated that 95 percent of the U.S. population will need blood at some point in their lives. That means there's a good chance that someone you know, maybe even a loved one, will need blood. Thinking you can just donate then is all well and good, but did you know there is a two-day process to make sure volunteer blood is ready and safe to be transfused? Someone needing blood doesn't have that sweet luxury of time. The blood they need needs to be available when they need it. *Donating blood is safe, simple and it SAVES LIVES.*

#Give1Save3

Not sure if you can give blood?

You probably can. See if you don't meet the following criteria:

You Can Donate If You...

- Are 16 years old or older (16- and 17-year-olds need signed parental consent).
- Have a valid I.D.
- Meet the following weight/height requirements:
 - *Whole Blood and Platelets:* Weigh at least 110 lbs.
 - *Double Red Cells:*
 - ✦ Men: be at least 5'1" tall & weigh at least 130 lbs.
 - ✦ Women: be at least 5'5" tall & weigh at least 150 lbs.
- Have eaten within four hours prior to donating. Also, make sure to drink plenty of fluids before and after giving blood.
- Have not donated whole blood for at least eight weeks (56 days) or double red cells for at least sixteen weeks (112 days).

You Can Donate Even If You...

- Have high blood pressure, as long as you have been on your medication at least two weeks and your blood pressure is within the normal range.
- Are diabetic if you control your diabetes with oral medication and have it under control.
- Take prescription drugs authorized by a physician, as long as the drug is not on the deferral list (please tell the MBS staff about any medications you are taking).
- Have taken aspirin, acetaminophen or ibuprofen, but please tell the MBS staff about it. (You must wait 48 hours after taking aspirin and aspirin products before donating platelets.)

You May Be Temporarily Deferred If...

- Your hematocrit count (iron) is low.
- You are suffering from a cold, flu or other common virus.
- You are on antibiotics or have just finished an antibiotic within the past 48 hours. ☒
- You are pregnant or have been pregnant within the last six weeks.

You Are Not Eligible To Give If You...

- Have hepatitis or have tested positive for hepatitis.
- Have chronic lung and/or liver disease(s) (excluding temporary infections).
- Have hemophilia, sickle cell disease, abnormal bleeding and/or other chronic blood disorders.