

# Health Bulletin



## American Red Cross Seeks Blood Donors

(NAPSA)—When the summer season kicks into high gear, the nation's blood supply is often at its lowest. Blood shortages often occur during the summer months, when fewer donors are available to give due to vacation schedules and other summer activities.

"The Red Cross closely monitors national and local inventory levels to ensure we can provide blood where it's needed when it's needed," said Dr. Richard Benjamin, chief medical officer, American Red Cross. "Blood is a perishable resource and must be replenished through regular donation."

The Red Cross is asking current and potential blood donors, blood drive sponsors and community leaders to help recruit blood donors, especially those who are type O negative. Type O negative blood can be in particularly high demand because it can be transfused to patients with any blood type, especially in emergency situations. Type O negative blood donors can make the difference between an adequate blood supply and a lingering summer shortage.

NASCAR driver Greg Biffle joined the effort by promoting blood donation on his No. 16 Red Cross Ford this summer for the race held on June 19. "As a blood donor myself," said Biffle, "I encourage everyone who is eligible to give blood to call 1-800-RED-CROSS or visit [redcrossblood.org](http://redcrossblood.org) to find a convenient blood donation location and to schedule a lifesaving blood donation appointment."



Photo credit: Action Sports Photography, Inc.

**NASCAR driver Greg Biffle is a blood donor. Be a lifesaver: Donate blood.**

Every two seconds, someone in the United States needs blood. The Red Cross must collect 22,000 units of blood each weekday and another 15,000 units each weekend to meet the needs of hospital patients across the country. Accident victims, as well as patients with cancer, sickle cell disease, blood disorders and other illnesses, receive lifesaving transfusions every day. There is no substitute for blood and volunteer donors are the only source.

Individuals who are 17 years of age (16 with parental permission in some states), meet weight and height requirements (110 pounds or more, depending on their height) and are in generally good health may be eligible to give blood. Please bring your Red Cross blood donor card or other form of positive ID when you come to donate.

Eligible blood donors are asked to please call (800) RED CROSS (1-800-733-2767) or visit [www.redcrossblood.org](http://www.redcrossblood.org) to find a blood drive and to make an appointment.