

Health Bulletin



Americans Answer The Call For Blood Donors But More Donations Are Still Needed

(NAPSA)—Americans are rolling up their sleeves. In the first phase of the Save A Life Tour, the American Red Cross proudly announced that the country rallied together to secure more than 3 million blood donations during the largest blood donor initiative in Red Cross history. For six months, more than 300 communities nationwide participated in the Save A Life Tour to help raise awareness and educate the public about the need for a safe and available blood supply. But this is only the beginning.

“Now, more than ever, people understand the importance of donating blood. We commend the American public for supporting this vital initiative by helping build and maintain an adequate supply of blood for our nation,” said Marsha J. Evans, President and CEO of the Red Cross. “We hope that Americans will continue to give the life-saving gift of blood with their family, friends and neighbors.”

A recent survey conducted on behalf of the Red Cross Save A Life Tour revealed that nearly 18 million Americans adults do not feel their blood donation would make a difference and another 13 million say they would donate, but they don't understand the blood donation process.

How To Donate Blood

Giving blood is a simple—but not small—thing to do. Anyone who is at least 17 years old, in good health and weighs at least 110 pounds may be eligible to donate blood. The whole process takes about an hour. It starts with registration, a health history and a mini-physical. Then comes the



The Red Cross mobile museum, shown in front of the Red Cross headquarters, traveled the country to more than 300 communities to help educate Americans about the importance of regular blood donations during the Save A Life Tour.

actual donation, which usually takes less than 10 to 12 minutes. People who are deemed eligible may donate blood every 56 days. The organization is encouraging Americans to make blood donation a routine part of their lives. Just as you get your haircut about every 8 weeks, you should schedule an appointment to donate blood.

The Importance Of Donating Blood

Just one pint of blood can help save as many as three lives. Every two seconds, someone in America needs blood. Every day, 38,000 donations are needed in the United States to help save the lives of cancer patients, accident victims and patients with blood disorders among others.

To learn more about donating blood to the Red Cross, visit the web site at www.givelife.org or call 1-800-GIVELIFE.