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National Blood Donor Month

A blood donation truly is a “gift of life” that a healthy individual can give to others in their community who are sick or injured. It only takes an hour of your time to donate one unit of blood that can be separated into four individual components that could help save multiple lives. Here are some interesting blood facts from the Red Cross:

- One pint of blood can save up to three lives.
- Every two seconds someone in the United States needs blood.
- Nearly 21 million blood products are transfused each year.

Facts of people in need:

- Sickle cell disease affects 90,000 to 100,000 people in the U.S. About 1,000 babies are born with the disease each year. Sickle cell patients can require blood transfusions throughout their lives.
- According to the American Cancer Society, about 1.7 million people are expected to be diagnosed with cancer in 2017. Many of them will need blood daily, during their chemotherapy treatment.
- A single car accident victim can require as many as 100 pints of blood.



The Blood Donation Process

Healthy adults who are at least 16 years old, and at least 110 pounds may donate about a pint of blood - the most common form of donation - every 56 days, or every two months. The blood donation process from the time you arrive until the time you leave takes about an hour. The donation itself is only about 8-10 minutes on average. Here is what you can expect:

- 1. Registration** – First they will collect basic eligibility questions and you will be asked to show a photo ID. You will complete a registration form and be given some information about donating blood to read.
- 2. Health History** - In a private and confidential interview you'll answer a few questions about your health history and places you've traveled. You'll be asked about any prescription and/or over the counter medications that may be in your system. Then your temperature, pulse, blood pressure and hemoglobin level will be checked to see if your blood iron level is sufficient for you to donate.
- 3. Donation** - During donation you will lay back in a chair and an area on your arm will be cleansed and a brand new sterile needle will be inserted for the blood draw.
- 4. Recovery** - After donating blood, you'll have a snack and something to drink in the refreshment area. You'll leave after 10-15 minutes and be able to continue your normal routine.

Prepare to Give Blood

Log on to the [American Red Cross](#) for easy steps that will make your donation as smooth and efficient as possible. Learn what to do before, during and after your donation to have a great donation experience.



TELL US ABOUT YOUR SUCCESS!

Do you have a success story you would like to share?

By sharing your story, you enter to win a free Fitbit Charge*.

Please log into your PHD and under the Assessments tab click:

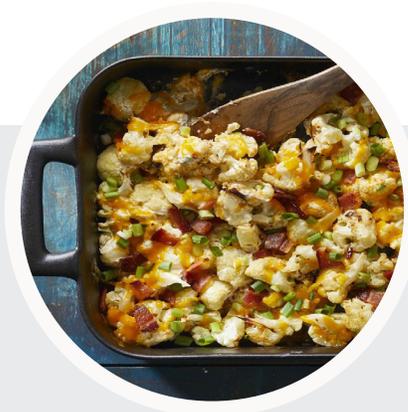
[Tell Your Success Story](#)

*1 prize awarded per person

Types of Donations

There are different types of donations you can give when giving blood. Here are some things to consider when determining what type of donation will have the most impact.

- **Whole Blood Donation** - Most flexible and popular of all the donations. It is transfused in its original form or can be separated into specific components of red blood cells, platelets and plasma. Frequently given to trauma patients and those who are undergoing surgery. All blood types needed. Duration: 1 hour.
- **Power Red Donation** - Separates your blood cells from other blood components and then returns your plasma and platelets back to you. Usually given to trauma patients, newborns, and emergency transfusions during birth, people with sickle cell anemia, and anyone suffering from blood loss. Ideal Types of blood: O positive, O negative, A negative, and B negative. Duration: 1.5 hours.
- **Platelet Donation** - Platelets are tiny cells in your blood that form clots and stop bleeding. Platelets are most often used by cancer patients and others facing life-threatening illnesses and injuries. Ideal Types of blood : A positive, A negative, B positive, O positive, AB positive and AB negative. Duration: 2.5-3 hours.
- **AB Elite Plasma Donation** - During an AB Elite donation, you give plasma, a part of your blood used to treat patients in emergency situations. AB plasma can be given to anyone regardless of their blood type. Plasma is collected through an automated process that separates plasma from other blood components, then safely and comfortably returns your red blood cells and platelets to you. Ideal type of blood: AB positive, AB negative. Duration: 1 hour 15 minutes.



Recipe by Eating Well

[Recipe Link](#)

Loaded Cauliflower Casserole

Ingredients

- 3 slices bacon
- 1 head cauliflower (about 2 pounds), cut into bite-size pieces
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 1¼ cups shredded sharp Cheddar cheese, divided
- 2/3 cup sour cream
- 4 scallions, sliced, divided

Preparation

1. Preheat oven to 425°F. Add bacon to a large nonstick skillet over medium heat and cook until crisp, about 6 to 8 minutes. Transfer to a paper-towel-lined plate and let cool.
2. Stir cauliflower, pepper, salt and the bacon drippings together in a 9-by-13-inch baking dish. Roast, stirring twice, until tender, about 35 minutes.
3. Meanwhile, stir 1 cup cheese, sour cream and half the scallions together in a small bowl. When the cauliflower is tender, stir in the cheese mixture. Sprinkle with the remaining ¼ cup cheese. Bake until hot, 5 to 7 minutes more.
4. Chop the cooled bacon. Sprinkle the hot casserole with bacon and remaining scallions.