

Everyday Heroes

Blood Centers of the Pacific's Quarterly E-newsletter

November 2007

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Donate "Double Reds" to Benefit a Patient

Most critically-ill patients requiring surgery need more than one pint of red cells. Your red cells are those precious components in your blood that transport oxygen throughout your body. For that reason, many blood centers nationwide, including BCP, are now using technology that allows blood donors to give more red cells during each donation than the traditional amount collected in the past.

We're able to do this safely by only collecting your red cells and not your plasma (the liquid portion of the blood). Traditionally, red cells and plasma are given during a donation.

And, by donors giving "double reds," patients can receive more blood from fewer people, which is safer for the patient, as it allows for fewer side effects they could experience when receiving blood from numerous people.

There are also several positive benefits for double red cell donors:

- The needle is smaller;
- Your next donation will be in four months versus two months, meaning fewer visits to the blood center; and
- The donation process replenishes some of the fluids you lose by returning sterile saline (water and salt) leaving your body fully hydrated.

If you're interested in donating "double reds" or your regular donation, please call 1-888-393 GIVE (4483) or visit www.bloodcenters.org and select the type of donation when making your online appointment.

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Bring a Holiday Toy for Kids! - Nov 16th to Dec 10th

BCP is partnering with the San Francisco Firefighters Toy Program to help collect toys for disadvantaged kids to distribute this holiday season. Simply bring an unwrapped toy with you the next time you donate blood at a BCP center and drop it in one of the bins from November

16th through December 10th. Last year, more than 200,000 toys were collected yet, needy families were still turned away because there weren't enough to go around.

So give the gift of life by giving blood and put a smile on a child's face by giving toys!

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Mark Your Calendars - Three Heroes Day



September 15th was declared as "Three Heroes Day" by San Francisco Mayor Gavin Newsom in honor of the heroes who helped save a 15-year-old girl's life last May.

Loren Schaller was almost killed last year when a just-released San Quentin inmate attacked her in a random act of violence as she waited in line at a San Francisco bakery. Fortunately, three people helped save her life.

To thank and honor the three heroes, a blood drive was held on "Three Heroes Day" at St. Philip's Church in Noe Valley. Three Heroes Day serves as a reminder that accidents, emergencies and traumas are unpredictable, and when they do occur blood may be needed to save lives. After all, someone needs blood every three seconds. It also reminds donors to give blood regularly as it is the blood already available on shelves that saves lives.

(source: www.ktvu.com, www.sfgate.com)

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Saving the Lives of Liver Patients

Blood Centers of the Pacific works with many hospitals to provide organ transplants. One of these hospitals is University of California, San Francisco (UCSF) where approximately one liver transplant occurs every day.

A liver transplant patient can use up to 50 pints of blood components, and according to the American Liver Foundation (ALF), one in every 10 Americans have had a liver or gall bladder disease. This means more than 25 million Americans are affected, and the need for blood critical. Because of the staggering statistics, the ALF is calling attention to liver health and awareness of the diseases that affect the liver.

According to the ALF, a healthy liver is essential to a healthy life, and suggests that you should consult your doctor, if you think you have any risk factors for liver disease, and to ask about hepatitis A and B vaccines. Liver disease is one of the top 10 causes of death in the United States and is a serious risk to health and live.

For more information on liver disease, please [click here](#).

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Paul Yang's Second Chance At Life



Most people know or have heard of at least one person who's needed a blood transfusion. For many, it could be a family member, a friend or perhaps even someone they've read about in the news. Paul Yang knows one such person too – himself.

Paul had chronic active Hepatitis B which affected him “on and off” for 10 to 15 years. “Back then, I had no knowledge about the disease. I didn't even know I had it,” said Paul. “I just thought I was sick with the flu, but then the periods between each bout shortened from months into weeks. I also felt weak and lost weight.”

According to the United Network For Organ Sharing (UNOS) website, there are currently more than 97,000 people on the national waiting list for organs. “On August 20th, 1988, I received a liver transplant and 221 units of blood during nine and a half hours of surgery,” he said. After two to three months, Paul recovered.

Paul is appreciative of those who donate organs and blood. “This has given me a second chance at life,” said Paul. “I am really thankful.”

Paul took part in the First U.S. Transplant Games in Indianapolis, and a couple of years later, participated in the 1500 meter speed walk at the 1992 U.S. Transplant Games in Los Angeles where he won a bronze medal.

For more information on organ donation visit www.ctdn.org or www.unos.org.

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BCP Wishes All Our Donors A Happy Thanksgiving!



Donate Blood. Save Lives. | 1-888-393-GIVE | www.bloodcenters.org

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