

spring 2006

# *lifelines*

the Blood Centers of the Pacific Newsletter



Blood Centers  
of the Pacific

a member of the Blood Systems Family



*Blood recipient Clint Hardy*

## In an Instant...

by *Angela Woon*

*"I don't have time."  
"Someone else will do it."  
"I am afraid of needles."*

Unfortunately, when it comes to donating blood, the list of excuses is endless. But in an instant, one's life can change and those excuses end up sounding meaningless.

result, Sue quit her job and Clint's sister dropped out of school and quit her job to look after him.

Sue, now a Verizon Wireless Property Manager for Central Coast and Central Valley and Collocation Manager for Northern California, wasn't a blood donor prior to her son's accident but since then, she has been an advocate in her workplace and always donates whenever they have blood drives. "I wasn't able to find out how much blood my son used," said Sue. "But I know blood saved my son's life." Verizon Wireless holds four blood drives a year.

On June 21st, 1995, Sue Hardy's life was turned upside-down, when her son, Clint, was involved in an accident...in an instant.

"We don't really think about donating blood. Our world seems to be going well, the sun is shining and all is good," said Sue, originally from Texas. "I knew the importance of donating blood but I just never saw the need. I took donating blood lightly, made excuses, but that changed after my son's accident."

Clint, then 24, was on his way to Lake Berryessa, CA, when a truck pulled out in front of him. According to Sue, he went under the truck and was severely injured. He was rushed to the trauma center at the University of California, Davis, and remained there for 32 days.

"He needed operation after operation after operation," said Sue. "Blood was the first thing that saved my son's life. Without blood he could not have lived." Clint had a total of 19 surgeries. According to Sue, during Clint's ordeal, he drifted in and out of consciousness, suffered internal bleeding, his liver was lacerated and several bones were broken. And due to his injuries, his foot had to be amputated. But Sue recalls how resilient her son was through it all, and how his eyes showed so much pain, yet he never complained. "When my son woke up in the hospital after the accident, the first thing he asked me was if we were all OK," she said.

It took Clint about two and a half years to recover from his accident, during which time he was confined to his bed. As a

*"Blood was the first thing  
that saved my son's life."*

-Sue Hardy

Today, Clint has a girlfriend and has risen through the ranks at Burlington North Railroad Company from brakeman to achieve his dream of becoming an engineer. According to Sue, Clint's motto is, "There isn't anything I can't do, all I need is a chance."

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# Lifelines

Lifelines is published quarterly by Blood Centers of the Pacific.

**Editor:** Lisa Bloch

**Associate Editor:** Angela Woon

**Graphic Design/Layout:** Gregory Berger

**Contributors:** Lisa Bloch and Angela Woon

## **Irwin Center**

270 Masonic Avenue  
San Francisco, CA 94118

## **Downtown Center**

250 Bush Street  
Suite 136 (Mills Building)  
San Francisco, CA 94104

## **Marin Center**

4050 Redwood Hwy  
San Rafael, CA 94533

## **Cupertino Center**

19450 Stevens Creek Blvd  
Cupertino, CA 95014

## **Peninsula Center** (temporary location)

1730 S. Amphlett Blvd. Suite 116  
San Mateo, CA 94402

## **Redwood City Center**

260-C Main Street  
Redwood City, CA 94063

## **North Bay Center**

1325 C1 Gateway Blvd  
Fairfield, CA 94533

## **Napa Center** (new center!)

3230 Beard Road  
Napa, CA 94559

## **Vallejo Center**

480 Redwood Street, Suite 31  
Vallejo, CA 94590

## **Shasta Blood Center**

2420 Athens Avenue  
Redding, CA 96001

## **Ukiah Valley Center**

620 Kings Court, #110  
Ukiah, CA 95482

For more information or to schedule an appointment, please contact us at 1-888-393-GIVE.

[www.bloodcenters.org](http://www.bloodcenters.org)

# Quick Bits

## **Two New Homes!**

### **Peninsula Center**

April 3rd, 2006, was the anniversary of BCP's Peninsula Center move to our temporary location in San Mateo... and it was also a day that brought us good news!

The Millbrae Planning Commission approved a five-year permit for our soon-to-be new home in Millbrae. We anticipate moving in the fall to our new location at 111 and 115 Rollins Road. We'll keep you posted on our move but in the meantime, please continue donating blood at our temporary Peninsula Center in San Mateo.

### **Napa Center**

As you may know, our Napa Center was damaged by the floods at the start of this year. Well, we've dried off and moved on! Our new location is at 3230 Beard Road near Trancas Boulevard.

While the new location gets a bit of work done, we'll be collecting your much-needed blood donations on our blood-mobile parked right outside the center every Wednesday and Thursday from 11am to 5pm. And in early June, we'll open the doors to our new home!

BCP thanks you for your patience as we make changes to serve you better. And most of all, thank you for your commitment to saving lives through blood donation.

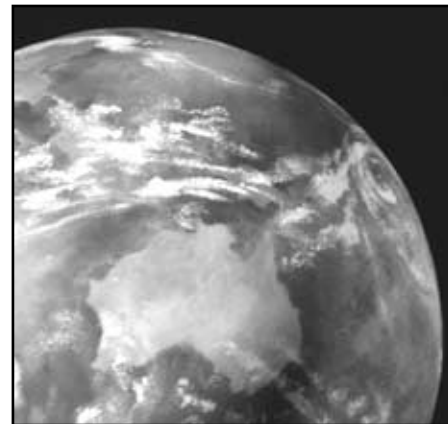
To make a lifesaving appointment, please call 1-888-393-GIVE or visit [www.bloodcenters.org](http://www.bloodcenters.org).

## **World Blood Donor Day**

June 14, 2006, is World Blood Donor Day (WBDD). This year's theme, "I save lives," conveys the idea that healthy people in the community — not only doctors, nurses or emergency workers — can save lives through blood donation. The International Federation of the Red Cross and Red Crescent Societies (IFRC in Geneva, Switzerland) is responsible for leading the theme of WBDD.

Last year's WBDD was commemorated in 100 countries with celebrations in Canada and England.

America's Blood Centers, a national network of independent blood centers, including BCP, is working with the Pan-American Health Organization (a partner of IFRC) to develop WBDD.



# Preserving the Goodness of Life



Blood drive coordinator  
Cyd Halter

Last year, *Chambers USA 2005 America's Leading Business Lawyers* named Weil, Gotshal and Manges' (WGM) intellectual property practice among the top four in California. At BCP, *Lifelines* rates WGM a dedicated lifesaving organization in the Bay Area!

Recently, *Lifelines* asked John Firth, Office Administrator, about the importance of blood donation to WGM.

nity making the world more reliable and hopeful. WGM wants to always be the best and the giving of blood is another way to be the best for others, not unlike being best for our clients.

### **3. Any encouraging words you might offer to other law firms to get them to consider hosting blood drives?**

Give, give and give - and you will receive, receive and receive. Law is about doing the best for society - preserving order and tranquility, creating justice from unjust situations. Giving blood is about preserving the life of a citizen, bringing joy to their loved ones — another form of preserving the good life and the goodness of life. This is another step along the road to “full citizenship” and self-actualization — caring for others.

Weil, Gotshal and Manges is a leader in the marketplace for sophisticated, international legal services. Its Silicon Valley office in Redwood Shores offers a full suite of services to meet clients' litigation and transactional needs.

BCP thanks Weil, Gotshal and Manges and their employees for setting an example for other law firms and organizations to follow. Special thanks goes to Executive Legal Assistant and blood drive coordinator Cyd Halter for all her hard work in making WGM's blood drives a success!

### **1. Why is blood donation important to you?**

Blood donation is important to me because it can mean the difference between life and death for somebody who needs it. Without the gift of blood, our chances for survival and/or recovery are dramatically reduced. My mother was a nurse, and the many stories of generosity of blood donors and other courageous people who helped the sick and injured made a lasting impression on me growing up. I want to give so that others may live more fully and peacefully — without fear of scarcity of the necessary human elements of life. I care about those in need.

### **2. Why is blood donation important to the organization overall?**

WGM is a place that gives to the community and knows that those more fortunate need to share and give. It is modeling exemplary behavior on a civic level as well as members of the global commu-

## *In an Instant, continued from page 1*

Sue shares in her son's positive outlook on life. “I never realized what it would feel like to lose a loved one, especially your own child,” she said. “Christmas and holidays aren't about the presents now, they are about the people — we have each other.”

This proud mother thanks all those blood donors who saved her son's life. She encourages those who make excuses about not

donating blood to start giving the gift of life. “Think with your heart,” said Sue. “It pays to put your own idiosyncrasies and phobias aside and think of other people. Donating blood only takes a few minutes and it helps save lives — lives like my son's.”

# Asking the Doctor...about AB Plasma



*Lifelines* recently sat down with BCP Medical Director Kim-Anh Nguyen, M.D., to discuss the importance of AB plasma donations.

## **What is AB plasma?**

AB is the universal plasma donor type, meaning it can be given to anyone (type O negative is the universal red cell type). Four percent of the population has Type AB blood.

## **What is AB plasma used for?**

AB plasma is used for plasma transfusions when the plasma type of the patient is complicated and there is greater risk of plasma ABO type mismatches. AB plasma is most often used for newborn babies and liver, bone marrow and kidney transplant recipients.

Large amounts of plasma are used during two types of procedures: liver transplants and therapeutic plasma exchange (TPE). Patients undergoing TPE must have their entire plasma volume replaced with donated plasma. For an average adult, this means 10-14 pints of plasma are needed for each TPE procedure!

## **Why would a person need to replace their body's entire plasma volume?**

In some diseases and conditions, a patient's plasma becomes filled with harmful chemicals, drugs, or proteins, causing life-threatening complications like massive blood clots, kidney failure, or brain death. In these conditions, the plasma containing the harmful substances must be removed, but must be replaced with a suitable fluid so that the blood can still circulate. When plasma is used, the donor's ABO type must match the patient's, so the most common types needed are O and A. However, in a few situations, AB is the only suitable plasma type for TPE.

## **What do you mean by "mismatched"?**

In kidney transplants, the donor kidney and patient must match for ABO, among other, tissue types. Unfortunately, some patients find a kidney donor that matches all the other factors but is mismatched for ABO.

ABO mismatched kidney transplants put the recipient at risk of serious reactions leading to transplanted kidney rejection and even death. The reactions are caused by proteins in patient plasma that reacts against the ABO unmatched donor kidney. Because of the

shortage of kidney donors, potential recipients currently wait an average of four years for a kidney transplant. Recipients with type O or B blood often have to wait even longer.

## **Can these reactions be avoided?**

Yes, recently, it was discovered that these reactions can be avoided if the patient undergoes several TPE procedures before the transplant. The TPE removes all the "ABO-reactive" proteins in the recipient's plasma and replaces it with AB plasma, which has no "ABO-reactive" proteins. After several rounds of TPE, the kidney transplant is performed, followed by several more TPE procedures. If there is any sign of rejection, the TPE is repeated. So TPE with AB plasma allow more recipients to get kidney transplants earlier.

## **Have ABO mismatched kidney transplants been performed?**

University of California, San Francisco (UCSF) recently performed the first ABO mismatched kidney transplant. The patient was a 33-year-old type B man and the living donor was a friend with type A blood. The patient received several TPE procedures before and after the transplant. The transplant itself went very well. The patient's new kidney started working right away, and he has been discharged from the hospital. He continues to be monitored carefully for signs of rejection, and still gets periodic pheresis treatments, so the need for AB plasma is ongoing.

## **Is there a need for plasma donors?**

Definitely! Each ABO mismatched kidney transplant may require 20-60 pints of AB plasma. This is almost one week's supply for the entire Bay Area. Our kidney transplant center, UCSF, plans to do up to 10 mismatched transplants a year. So BCP needs to stockpile AB plasma to meet these needs. If there is not enough AB plasma for TPE, patients cannot get their kidney transplant and may never find another suitable donor during their lifetime.

## **Is a plasma donation the same as donating whole blood?**

It is slightly longer than a whole blood donation. We use a smaller needle, and during your plasma donation, your blood is drawn and then channeled through a sterile, single-use tubing set to an automated system. The system separates and collects the plasma and then safely returns the remaining blood components back to you via the same arm. It's that simple!

## **Where can I obtain more information about plasma donations?**

To make a plasma donation or to learn more, please call Rebecca Robinson at (415) 749-6659 or contact her via email at [rrobinson@bloodcenters.org](mailto:rrobinson@bloodcenters.org)

# Archbishop Riordan High School's Driving Force

by *Angela Woon*



*Riordan High School faculty and students donating at a recent blood drive*

Its mission is to develop the character of young men and instill values in an environment of academic excellence that reflects the cultural richness of the San Francisco Bay Area. And with all the volunteer service hours it puts into the community, Archbishop Riordan High School is doing just that, especially with the

help of Josh Cornehlens, head of the Community Service Team.

An urban Catholic high school for boys, Riordan High School engages its students in a process of education which promotes each student's personal growth and development in the intellectual, spiritual, social and physical aspects of his life.

"We hold several blood drives throughout the year to encourage the spirit of community service among the students," said Josh, a Spanish and World History teacher.

Josh, a member of the Bay Area Service Directors Consortium, notes that these days community service is a very important component of a quality education, and parents of freshmen look for that when selecting schools.

Riordan High School, with a student population of about 750, is one of those schools that hold community service in high esteem. The Campus Ministry and Community Service Learning Department, newly consolidated and reorganized under one umbrella, believes in "learning by doing." Evidence that the school takes its "giving back to the community" seriously, is apparent when looking at the number of service drives

Riordan High School sponsors: the Heifer Project for Africa, AIDS Penny Drive, Hunger and Poverty Drive, Book Drive for local Veterans, the Denim Day Drive against breast cancer, and of course, BCP's blood drives, just to name a few.

Josh is also the diligent blood drive coordinator for the school, which sponsors three blood drives a year with BCP, collecting anywhere from 86 to 162 pints of blood at each drive.

"All parts of the Riordan family come together for the blood drive," said Josh, 31. "It's a good feeling — students, parents, faculty, BCP staff — everyone works together to make it a successful event."

According to Josh, as the blood drives get more exposure at the school, students become less fearful about donating blood. "They know it's short and painless, and afterward, they feel good about what they've done," he said.

Josh, originally from the east coast, has made community service one of the focuses of his life. Prior to Riordan High School, he spent two years in the Peace Corps in West Africa and has also taught with World Teach in Ecuador. "My experiences abroad add a lot to me as a person," said Josh. "And now as a teacher at Riordan, it can sometimes be challenging, but I love it here, being around the students. I can't imagine anything else. It's an unbelievably diverse school."

Last fall, according to Josh, the school hosted San Francisco Mayor Gavin Newsom. "Mayor Newsom cancelled his appointments, stayed a bit longer than we expected, and spoke via telecast to the student body for about 15 minutes," said Josh. "He focused on community service and recognized us for our work with an accolade. It was a proud experience for us."

Kudos to Josh and the staff and students of Archbishop Riordan High School for their hard work and drive to better the community!



**ARCHBISHOP RIORDAN HIGH SCHOOL**  
*Educating Young Men in the Marianist Tradition*

# Honoring Our Stars

by Angela Woon



## **SBC Whole Blood and Apheresis Donor Recognition Dinner**

The Shasta Blood Center (SBC) held a recognition dinner in honor of its whole blood and apheresis donors this past March at the Holiday Inn Hotel and Convention Center, Redding. More than 250

people attended the fun event with great food, and music provided by Personal Signature.

Don Bordon was presented with the “top” whole blood award for the night, for reaching his 20th gallon award milestone in 2005. And for the first time in SBC’s history, three apheresis donors reached their 500th automated component milestone. Fred Gulbrantson achieved 518 components and John Gordon, 525 components in 2005. The third recipient, Jim McLean, was to also receive his award that night for 516 components but unfortunately, he had suddenly passed away the previous month. Jim’s wife Pat McLean received the award in his honor. Jim was a favorite among the SBC staff and will be greatly missed.

All in all, the event was a great success and according to SBC’s Administrative Coordinator, Diana Cifranic, “It was a fantastic event! The general consensus is that it was the best we’ve ever had.”

## **San Francisco/Marin Whole Blood and Apheresis Donor Recognition Brunch**

More than 130 whole blood and apheresis donors came to this year’s event, which was held for the first time at the San Francisco Zoo.

Blood recipient and KCBS reporter George Harris, who was featured in the winter edition of *Lifelines*, was the guest speaker. George was crossing a highway when he was struck by a van four years ago. He was literally on the verge of dying. Fortunately, he received several blood transfusions, which ultimately saved his life.

Donors who achieved the highest milestones for 2005 included, Chris Bernau, Royal Brown, Thomas Chelini, David Faw, Virginia Morse and Edward Simons, who reached their 20th gallon. In apheresis, William Menzel and Donald Patterson each achieved their 400 components milestone for 2005.

Attendees were treated to a brunch that day and free zoo admission after the event. Everyone had a good time that day!

Congratulations to all our whole blood and apheresis donors for being BCP stars!

## Why do you give blood?

BCP donors tell us...

*I am blessed - I can. To save lives. To encourage others.*

~ Julie Roby

*Because I can! Because people need it to live! Because of the warm bran muffin!*

~ Betsy Bannerman

*It makes me feel good that I can help someone else who needs blood.*

~ David Detwiler

*Because there is a need. It's the least I can do to connect with the community.*

~ Robert Tischer

# A Donor Writes...

## *Give of Yourself and Doing What Comes Naturally*

by Mike Dubinsky, Fremont

While not specifically planned, I have during the course of my career been involved with blood in a number of ways. In the Navy part of my duties included collecting blood. In a career with the federal government I worked on matters of blood regulation. Science has no substitute for this life sustaining material.

Recently, upon turning 60, I did a personal look back to place in perspective what I have done to add value to the lives of family, friends and community. There was one contribution that I have found to be easy, satisfying personally and sustainable. Blood donation.

I have been a blood donor since joining the service in 1963. I looked back to see how many donations I have made over the years and found that I can only tally those donations since 1974. I added up 106 donations.

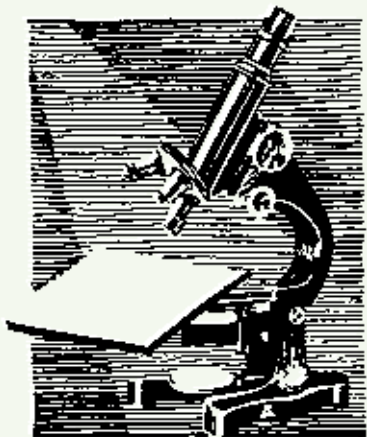
One does not often learn who might have received your blood or one of its derivatives but my sense is that at some point, one or two of those units were instrumental in saving a life.

As I understand it, less than 4 percent of the people eligible to donate blood actually do so. In a world of statistics this is one that should be easy to change. The time commitment is nominal, the level of satisfaction is high and it is a naturally sustainable resource.

So why not do what comes naturally — give a bit of yourself — make blood and donate it!

*“The time commitment is nominal, the level of satisfaction is high and it is a naturally sustainable resource.”*

-Mike Dubinsky on donating blood



### **A LITTLE PIECE OF HISTORY**

**In 1908**, French surgeon Alexis Carrel devised a way to prevent clotting by sewing the vein of the recipient directly to the artery of the donor. This vein-to-vein or direct method, known as anastomosis, was practiced by a number of physicians, among them J.B. Murphy in Chicago and George Crile in Cleveland. The procedure proved unfeasible for blood transfusions, but paved the way for successful organ transplantation, for which Carrel received the Nobel Prize in 1912.

Source: [aabb.org](http://aabb.org)



Blood Centers *of the Pacific*

270 Masonic Avenue  
San Francisco, CA 94118

# *lifelines*

Why do you donate blood?

*“It’s the one thing in life I can do for free that can help save a life.”*

*~ John Brown, BCP Blood Donor*