

spring 2007

lifelines

the Blood Centers of the Pacific Newsletter



**Blood Centers
of the Pacific**

a member of the Blood Systems Family



What's Your Number? *BCP to offer free cholesterol testing*

In addition to receiving a “mini-physical” at every blood donation, blood donors will soon be able to learn their cholesterol levels too. As a way to thank blood donors for their generosity and to improve

the health of the community, Blood Centers of the Pacific (BCP) will soon provide cholesterol tests on all donated blood.

With an increased interest in personal health—and in particular, cholesterol levels—blood bank officials are hoping that offering cholesterol testing will help motivate first-time blood donors—and keep those who already donate coming back. Keeping blood donors informed about their cholesterol levels will also help ensure their blood is able to be used (high fat content in blood sometimes interferes with infectious disease testing and renders the donated blood unusable).

At BCP, we'll conduct a “total cholesterol” test, one that does not require fasting. This is used as it's important for blood donors to eat a healthy meal before giving blood. Our test will simply provide an idea of your cholesterol levels.

The best cholesterol test is called a “lipoprotein profile,” which measures different types of cholesterol levels. A lipoprotein profile test is done after fasting for 12 hours. The test conducted on your blood does not replace doctor visits.

“All our blood donors are volunteers and we're excited to be able to provide this valuable test as a ‘thank you’ to them,” said Nora Hirschler, M.D., President of BCP.

To access total cholesterol test results (made available seven days after donation), donors will simply need to visit BCP's website at www.bloodcenters.org.

Questions and Answers About Cholesterol Testing

Q: What Is Cholesterol Testing?

A: Cholesterol testing measures a fat-like substance in your blood that, over time, can build up in the walls of your arteries. With high blood cholesterol levels, you have a greater risk of developing heart disease. Knowing your total cholesterol is just one piece of the puzzle in knowing your risk for heart disease.

Q: What Does My Cholesterol Level Mean?

A: It is recommended that all adults (20 and older) have their cholesterol levels measured and evaluated by a physician once every five years. The test the blood center performs does not replace these doctor visits. Our test can give you an idea of your cholesterol levels.

Total Cholesterol Level	Category
Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline High
240 mg/dL and above	High

Q: How Can I Tell If I Am At Risk For Heart Disease?

A: If your total cholesterol is 200 mg/dL or more, you should share this result with your physician and a lipoprotein profile should be done to further evaluate your risk for coronary heart disease.
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Lifelines

Quick Bits

Lifelines is published quarterly by Blood Centers of the Pacific.

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Irwin Center

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San Francisco, CA 94118

Downtown Center

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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 (New location!)

111 Rollins Road
Millbrae, CA 94030

Redwood City Center

260-C Main Street
Redwood City, CA 94063

North Bay Center

1325 C1 Gateway Blvd
Fairfield, CA 94533

Napa 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

BCP's Softball Team

It's not a well-known fact... yet, but BCP has an unofficial softball team! Organized by Alan Maravilla, one of BCP's blood drive coordinators and Assistant VP from the Bank of New York Trust Company, it was the first BCP softball tournament to benefit BCP. Alan decided he wanted to help save more lives and also have fun, so he decided softball and pledges to donate blood would be a great combo.

Although the BCP team lost that day, we have since won 18 donors over to donate blood! Everyone had a great time and we hope to make the tournament an annual tradition.

Photo courtesy of Alan Maravilla



Director of Recruitment Don Burghardt hard at play

In Memoriam

Much loved BCP volunteer Elaine Foreman passed away on February 13th, Saturday, January 20th, staff member 2007. Elaine began volunteering in 1999 from the Donor Recruitment department at the Irwin Center, San Francisco, and after several years, went on to donate her time at the Downtown Center of San Francisco. Upon her passing, she had volunteered 1,314 hours at BCP!

Elaine was also a dedicated blood donor having given 135 apheresis components and 179 pints of lifesaving blood.

We will miss Elaine dearly. Our condolences to Elaine's family and friends. We will miss Elaine dearly. Our annual softball tournament to benefit BCP. Alan decided he wanted to help save more lives and also have fun, so he decided softball and pledges to donate blood would be a great combo.

Peninsula Center's New Home!

by Angela Woon



From left: BCP Board Member Lage Anderson, Millbrae Councilman Robert G. Gottschalk, Millbrae Mayor Marc Hershman, BCP President Nora Hirschler, M.D. (center, holding certificate), and staff at the opening of BCP's new Peninsula Center

BCP's Peninsula Center has a brand-spankin' new home! In April 2005, the Peninsula Center vacated its home of 40 years in Burlingame, moving to its temporary location in San Mateo. We're excited to report that we now have a new permanent center in Millbrae. There's no place like home!

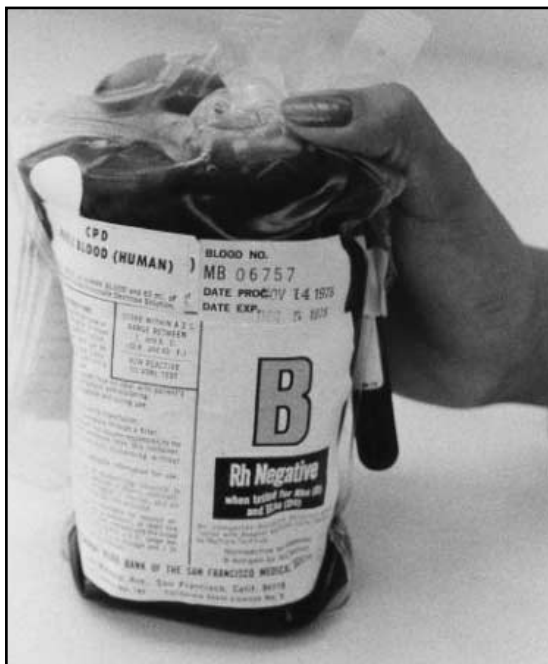
The Peninsula Center celebrated its Valentine's Day Grand Opening on Wednesday, February 14th, from 11am to 1pm. Millbrae Mayor Marc Hershman and Marc Nagales, Field Representative from the Office of Assemblymember Gene Mullins attended the event, welcoming BCP into the Millbrae community. Donors were treated to chocolates and roses that day.

The center occupies 8,000 square feet, accommodating 10 donor beds and four e-chairs. Ideally located at 111 Rollins Road, the center is within walking distance from the BART and Caltrain stations in Millbrae.

The Peninsula Center is open:

- Monday - 8:00 a.m. - 3:30 p.m.
- Tuesday - 11:00 a.m. - 6:30 p.m.
- Wednesday - 11:00 a.m. - 6:30 p.m.
- Thursday - 11:00 a.m. - 6:30 p.m.
- Friday - 8:00 a.m. - 3:30 p.m.
- Saturday - 8:00 a.m. - 2:00 p.m.

For more information or to make an appointment to donate blood, please call 1-888-393-GIVE or visit www.bloodcenters.org.



A LITTLE PIECE OF HISTORY

In 1950, in what would be one of the single most influential technical developments in blood banking, Carl Walter and W.P. Murphy, Jr., introduced the plastic bag for blood collection. Replacing breakable glass bottles with durable plastic bags allowed for the evolution of a collection system capable of safe and easy preparation of multiple blood components from a single unit of whole blood. Development of the refrigerated centrifuge in 1953 further expedited blood component therapy.

Source: aabb.org

A New Test and a New Protocol



Beginning 2007, BCP implemented a new test and a new protocol to further protect patients receiving lifesaving donated blood.

Chagas Testing

In January, BCP began testing all donated blood for Chagas, a rare but potentially deadly infectious disease.

What is Chagas?

Chagas disease is caused by a parasite called *Trypanosoma*

cruzi. This parasite is carried by the reduviid bug, also called “the kissing bug,” and is usually found in Latin America, but is sometimes seen in the United States. Infections are initially mild, but then persist throughout life, often without symptoms. Ten to 30 percent of infections cause severe heart and intestinal problems later in life that can be fatal.

What happens if someone who unknowingly has Chagas donates blood?

Like other infectious diseases that are transmissible by blood, a patient can develop Chagas disease if they receive blood carrying the parasite that causes Chagas.

Is this a new test?

Yes, this brand new test was given approval by the Food and Drug Administration in December of 2006.

Are there other ways Chagas disease can be transmitted?

The most common way of getting Chagas disease is from the bite of the reduviid bug. However, Chagas can be transmitted from human to human by blood transfusion, from a mother to her unborn baby, and via organ transplantation.

Can I contract Chagas if I travel to Central or South America?

It is not likely. The people most at risk for contracting the disease are those who live in rural areas of Central and South America. Dwellings in rural areas often have mud walls or floors and thatch roofs which can harbor the reduviid bugs.

If my blood were found to be positive for Chagas, would the blood center notify me?

Yes, BCP notifies all donors who test positive for Chagas.

If I'm from Latin America, is it okay for me to continue donating blood?

Absolutely! We need your blood donations more than ever.

Where can I learn more about Chagas?

You can visit the Centers for Disease Control and Prevention at www.cdc.gov.

New Protocol for Plasmapheresis Donations

In February, BCP began asking plasmapheresis donors who've been pregnant or transfused to switch to another form of lifesaving donations, such as double red cells or whole blood. The reason for this is to reduce the risk of a serious transfusion reaction in patients known as TRALI.

What is TRALI?

TRALI, or Transfusion-Related Acute Lung Injury, is a rare lung condition that occurs in some patients after receiving blood. One cause for TRALI is thought to be antibodies in the transfused plasma, a component of blood. These antibodies are made by blood donors who have been pregnant or transfused.

Why does this affect only those who've been pregnant or transfused?

Blood donors who've been pregnant or received a transfusion may have developed antibodies against white cells, just as some people develop antibodies or allergies to seafood or bee stings. If their blood is transfused into a susceptible patient, that patient may develop TRALI.

How do I know if I have these antibodies? Can you test me?

A test for these antibodies is not yet widely available for routine blood donor use. Eventually, when a test is widely available, we will be able to tell which donors have antibodies and which don't.

If I have these antibodies, does it mean I'm ill?

These antibodies DO NOT affect the donor's health. However, this could cause harm when transfused to susceptible patients.

If I have these antibodies but don't know it, could my donated blood have harmed someone already?

Luckily, TRALI is uncommon. It is very unlikely that your blood has caused it. In a few cases where a suspected TRALI reaction has been reported, our investigation included notifying the donor and performing follow-up tests.

If I have been pregnant or transfused, can I still donate blood?

Absolutely! All we ask is that you donate something other than plasmapheresis—like whole blood or red blood cells. To learn more about donating whole blood or red blood cells, please call, 888-393-GIVE.

Where can I get more information about TRALI?

Please visit the Food and Drug Administration website at: www.fda.gov or the American Association of Blood Banks at www.aabb.org.

A Family Affair

by Angela Woon

Like most teenagers, Julianne Cobb couldn't wait to celebrate her 16th birthday, and not only that, she couldn't wait to become a blood donor (16-year-olds can donate blood with written permission from a parent or guardian)!

Julianne eagerly scheduled her blood donation with BCP on October 31st, 2006, two months ahead of her birthday. And on December 30th, 2006, she came in to the Irwin Center with dad Jonathan, mom Lillian and brother Richard all in tow for her birthday and rite of passage.

It's obvious to see where Julianne gets her community spirit and sense of altruism, as she comes from a family of blood and apheresis donors! Lillian was an apheresis donor, while Jonathan recently passed his six gallon milestone in whole blood donations. And Richard, who's just 18 and an apheresis donor, is halfway to his first gallon milestone. All Type O positive donors, her family showed their support by donating blood with her that day. Julianne also has two other sisters.

BCP wishes Julianne a belated happy birthday and congratulations on becoming a lifesaving blood hero!



A family of donors: Jonathan, Julianne, Richard and Lillian



Julianne's very first blood donation!

Thank You Heroes!

Congratulations to the following blood drive sponsors for hitting or beating their blood drive goals for the fourth quarter 2006.

OCTOBER 2006

Notre Dame De Namur University - Belmont
Oceana High School - Pacifica
IBM - San Jose
Sausalito Women's Club - Sausalito
City of Santa Clara
US Customs Service - San Francisco
Iscience Surgical - Menlo Park
Marin Covenant Church - San Rafael
St Gregory's Catholic Church - San Mateo
Church of Jesus Christ LDS - Los Altos
Golden Gate University - San Francisco
Mounted Patrol of San Mateo County - Woodside
Paul Financial, LLC - San Rafael

Fish & Richardson P.C. - Redwood City
IRS - San Jose
San Mateo County Employees - Redwood City
Crystal Springs Uplands School - Hillsborough
Farmers Insurance - Pleasanton
International Studies Academy - San Francisco
Tyco Thermal Controls - Redwood City
L3 Electron Devices - San Carlos
Foster City Community
College of San Mateo - San Mateo
Hitachi - Santa Clara
Pacific Plaza - Daly City

Pprometheus - San Mateo
Andrew Hill High School - San Jose
IDES-Coastside - Half Moon Bay
Verisign Payment Services - Mt. View
Presbyterian Church of Novato - Novato
St. Mary the Virgin Episcopal Church - San Francisco
Burlingame High School - Burlingame
Levi Strauss & Co - San Francisco
Outdoor Art Club - Mill Valley
Prince of Peace Lutheran Church - Fremont
Seton Medical Center - Daly City
Symantec - Cupertino
Symantec - Mt. View

Heroes, continued

Airport Corporate Center - Burlingame
DPR Construction - Redwood City
Sacred Heart Cathedral Prep School - San Francisco
Genentech - South San Francisco
Sybase - Dublin
Electronic Arts - Redwood City
Embarcadero Center - San Francisco
Lake Amir Office Park - San Bruno
Sea Crest School - Half Moon Bay
Swinerton - San Francisco
Brown and Caldwell - Walnut Creek
Meyer Cookware - Fairfield
Meyer Corporation - Vallejo
St. Helena Community - St. Helena
Solano Community College - Suisun City
Vanden High School - Fairfield
Ygnacio Valley High School - Concord
Gold's Gym - Vacaville
Iron Workers Union - Benicia
Beta Health Care - Alamo
Contra Costa College - San Pablo
ING Clarion - Walnut Creek
Poma TV-Downtown Merchants - Ukiah
Will C Wood High School - Vacaville
California Maritime Academy - Vallejo
Partnership Health Plan - Fairfield
Travis Air Force Base
Shasta College - Shasta
Fall River Mills Community - Fall River
Mills Fort Jones
Salmon Festival - Anderson

NOVEMBER 2006

U.S. Postal Service - San Francisco
AON - San Francisco
Williams-Sonoma - San Francisco
Burton, Philip & Sala High School - San Francisco
San Francisco Chronicle - San Francisco
Pacifica Community
Rock of Salvation - San Francisco
St. Roberts Catholic Church - San Bruno
West Portal Lutheran Church - San Francisco
Menlo Atherton High School - Atherton
Blue Shield of California - San Francisco
Wells Fargo - San Francisco
City College of San Francisco - San Francisco
BioMarin Pharmaceutical - Novato
John O'Connell High School - San Francisco
Lincoln High School - San Francisco
Pipe Trades Training Center - San Jose
Franklin Templeton - San Mateo
Immaculate Conception Academy - San Francisco
Menlo School - Atherton
Administrative Office of the Courts -

San Francisco
Gladstone Institute - San Francisco
Sequoia High School - Redwood City
Tomales High School - Tomales
San Mateo Elks - San Mateo
Peninsula Covenant Church - Redwood City
Basque Cultural Center - So San Francisco
Anshen & Allen Architects - San Francisco
Shinnyo-en Buddhist Temple - Hillsborough
Mills High School - Millbrae
Novellus Systems - San Jose
Equity Office - Redwood City
Saint Ignatius College Prep - San Francisco
Hillsdale High School - San Mateo
Provident Credit Union - Redwood City
Westmoor High School - Daly City
First Republic Bank - San Francisco
Kentfield Fire Department - Kentfield
US Court of Appeals - San Francisco
Notre Dame De Namur University - Belmont
Stuart Hall High School - San Francisco
Demand Tec - San Carlos
Sacred Heart Preparatory - Atherton
Village High School - Pleasanton
First Baptist Church - Vallejo
First Christian Church-Disciples of Christ - Concord
Good Shepherd Catholic Church - Pittsburg
Heald College - Concord
Fairfield High School - Fairfield
Vacaville Corporation Yard - Vacaville
Northern California Conference
Headquarters of Seventh-Day Adventist - Pleasant Hill
Contra Costa Times - Walnut Creek
Country High School - Vacaville
Pacific Union College - Angwin
Anderson High School - Anderson
Cal Trans - Redding
Weed High School - Weed
Nu-Way Market - Los Molinos
Surprise Valley Community - Surprise Valley
Modoc High School - Alturas
Mt. Shasta Community - Mt. Shasta
Walmart - Red Bluff
Adin Community
Weaverville Community
Tulelake Community

DECEMBER 2006

Deloitte & Touche USA LLP - San Francisco
San Francisco State University - San Francisco
Woodside High School - Woodside
Peninsula Temple Bethel - San Mateo
Marvell Fitness Center - Santa Clara

Applied Biosystems - Foster City
Golden Gate National Recreation Area - San Francisco
Marin General Hospital - Greenbrae
San Francisco Sheriff's Department - San Francisco
Lick-Wilmerding High School - San Francisco
Paul Financial, LLC - San Rafael
SF-VA Medical Center - San Francisco
Federal Building - San Francisco
Kaiser Hospital - San Francisco
Mission High School - San Francisco
Visa International - Foster City
Foster City Community
Kaiser Permanente - So San Francisco
IRS - San Jose
PG&E - DeAnza Yard - Cupertino
United Airlines - San Bruno
Balboa High School - San Francisco
Lockheed Martin - Sunnyvale
Marin Municipal Water District - Corte Madera
San Francisco Police Department - San Francisco
PG&E - Beale - San Francisco
Piedmont Hills High School - San Jose
Novartis Vaccines & Diagnostics - Emeryville
Saint Catherine of Siena - Burlingame
Saint Peeters Catholic Church - Pacifica
Salesforce.com - San Francisco
The City of Menlo Park - West Menlo Park
SF Firefighters Local 798 - San Francisco
Monster Cable - Brisbane
Pets Unlimited - San Francisco
Sports Basement - San Francisco
Congregation B'nai Tikvah - Walnut Creek
Sam Yeto High School - Fairfield
St. Helena Community
Employee Wellness Administration - Martinez
Kaiser Permanente - Walnut Creek
Saint John the Baptist - El Cerrito
Beringer Vineyards - St Helena
Department of the Navy NACSEA - Fairfield
Jelly Belly Candy Company - Fairfield
Oakwood Athletic Club - Lafayette
Home Depot - Napa
Live Oak High School - Antioch
St. Joseph's Church - Vacaville
Whitmore Community
Trinity High School - Weaverville
West Valley High School - Cottonwood
Fall River Mills Community - Fall River Mills
Walmart - Yreka



Blood Centers *of the Pacific*

270 Masonic Avenue
San Francisco, CA 94118



lifelines

Why do you donate blood?

Four words - chocolate glazed old-fashioned donuts! Seriously, I needed to “do more” and giving blood seemed like an easy way for busy people to do more...to help save lives.

~ Janet Snyder, BCP Blood Donor

