



Heartland
Blood Centers PART OF VERSITI™

VILLAGE OF LOMBARD WINTER BLOOD DRIVES

Wednesday, January 16th

Held at 2 locations!

YORKTOWN CENTER ~ 8:00 am - 1:00 pm

Heartland Mobile Coach

(Parked outside entrance 5 between Von Maur and The Eatery)

AND

VILLAGE HALL ~ 1:30 pm - 7:00 pm

255 E. Wilson

**Sign up for either drive at www.heartlandbc.org or
contact Carol Bauer at bauerc@villageoflombard.org or 630-620-5712.**

Appointments are encouraged.

Walk-ins are welcome to schedule an open appointment at the blood drive.

**Donors at EITHER location will receive a coupon for
a FREE PINT of CULVER'S Frozen Custard and be entered in a raffle to win
a Yorktown Center Gift Card!**

**Plus, give blood, get noodles. When you give blood at this drive,
we'll give you a coupon for a free entrée when you purchase
a Coca-Cola Freestyle beverage from
Noodles & Company (while supplies last)!**



Give the Gift of Life. Give Blood.

1200 N. Highland Avenue • Aurora, IL 60506 • www.heartlandbc.org

Not a school sponsored event

DID YOU KNOW?

- Blood donation is a simple four-step process: registration, medical history and mini-physical, donation and refreshments.
- Every blood donor is given a mini-physical, checking the donor's temperature, blood pressure, pulse and hemoglobin to ensure it is safe for the donor to give blood.
- The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time you arrive to the time you leave, takes about an hour.
- The average adult has about 10 pints of blood in his body. Roughly 1 pint is given during a donation.
- A healthy donor may donate red blood cells every 56 days, or double red cells every 112 days.
- A healthy donor may donate platelets as few as 7 days apart, but a maximum of 24 times a year.
- Blood cannot be manufactured – it can only come from generous donors.
- Every two seconds someone in the U.S. needs blood; more than 41,000 blood donations are needed every day.
- A total of 30 million blood components are transfused each year in the U.S.
- The average red blood cell transfusion is approximately 3 pints.
- The blood type most often requested by hospitals is Type O.
- The blood used in an emergency is already on the shelves before the event occurs.
- Sickle cell disease affects more than 70,000 people in the U.S. About 1,000 babies are born with the disease each year. Sickle cell patients can require frequent blood transfusions throughout their lives.
- More than 1.6 million people were diagnosed with cancer last year. Many of them will need blood, sometimes daily, during their chemotherapy treatment.
- A single car accident victim can require as many as 100 pints of blood.
- Although an estimated 38% of the U.S. population is eligible to donate, less than 10% actually do each year. This is why shortages occur.
- O-negative blood type donors are universal donors as their blood can be given to people of all blood types. It is always in great demand and often in short supply. Type O-negative blood is needed in emergencies before the patient's blood type is known and with newborns that need blood.



**Heartland
Blood Centers**

Your community blood service since 1943

1-800-786-4483

www.heartlandbc.org

WWW.HEARTLANDBC.ORG

EXCUSES NEVER SAVE A LIFE, BLOOD DONATION DOES.

DONATING BLOOD IS A SAFE PROCESS. A STERILE NEEDLE IS USED ONLY ONCE FOR EACH DONOR AND THEN DISCARDED.

ALL DONATED BLOOD IS TESTED FOR HIV, HEPATITIS B AND C, SYPHILIS AND OTHER INFECTIOUS DISEASES BEFORE IT CAN BE RELEASED TO HOSPITALS.

INFORMATION YOU GIVE TO HEARTLAND BLOOD CENTERS DURING THE DONATION PROCESS IS CONFIDENTIAL. IT MAY NOT BE RELEASED WITHOUT YOUR PERMISSION EXCEPT AS DIRECTED BY LAW.

TWO MOST COMMON REASONS CITED BY PEOPLE WHO DON'T GIVE BLOOD ARE: "NEVER THOUGHT ABOUT IT" AND "I DON'T LIKE NEEDLES."

So...Save someone's life

Blood donation is a lifesaver. Because there is no artificial substitute for human blood, someone needs donated human blood every 2 seconds in the United States. And even one donation can help save the lives of up to three people.

Remove excess iron

Iron is essential for a body's healthy function. Iron transports oxygen throughout our bodies, and is integral to many other cell functions. While excess iron in the blood - also called hemochromatosis - is uncommon, too much iron can harm the body when excess iron is deposited in the liver, heart and pancreas, where it can complicate arthritis, heart disease, and diabetes. Excess iron has also been linked to high blood pressure. Typically, these issues are seen more in men who don't donate blood, as opposed to women who menstruate, and thus lose blood every month.

Get a health screening

Do you know your resting heartbeat, blood pressure, and hemoglobin levels at this very moment? Well, when you visit your local donation center, you will. Before every blood donation, a phlebotomist will check these important health statistics. As someone who donates every two months, I can say firsthand that getting these checked every two months is a great way to track your health and see how diet, exercise, lifestyle changes, and other factors can be translated into concrete numbers!

And if that's not enough...

Give a FREE Gift of Life!

Donating blood costs you nothing, except a little time. But the benefits for your health and your community are priceless. If you're eligible to give blood, we would love to see you tomorrow!

