

Iowa Nepalese Association Blood Drive

Saturday, April 18, 2015
9:00 AM - 1:00 PM

Glynn Village Club House, Bloodmobile
1440 Southeast Waddell Way

Schedule your appointment online at
www.lifesevebloodcenter.org or contact
Sanjay Shrestha at (641) 814-6590.

This blood drive is sponsored by
Iowa Nepalese Association

Please bring a valid form of identification, such as your donor ID card or driver's license.



800.287.4903

LIFESERVE BLOOD CENTER DONORS AND RECIPIENTS

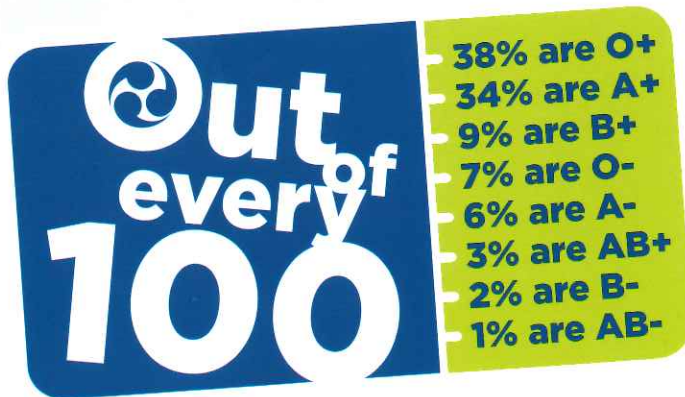
www.lifesevebloodcenter.org



The Importance of Blood Donation

Giving blood is safe and simple and the benefit is profound - you can save lives. All across the globe and right in your neighborhood, someone needs blood to fight a disease or illness, accident or injury. With one blood donation, you can help a family in their critical time of need.

In one year alone, LifeServe Blood Center hopes to have over 145,000 people donate blood to help local hospital patients in need. There is no substitute for your donation, so each and every time you give you make a huge difference. You can do more in an hour than most people do in a lifetime. Donate regularly.









KNOW THE FACTS

Up to
90%
of people will
need blood at
some point in
their lives

Yet fewer than
5%
of eligible
donors donate
on a regular
basis

**IF THIS CONTINUES, WE MAY
FACE BLOOD SHORTAGES**

How much does your donation help?

-  **Cancer: Up to eight platelet units per week**
-  **Burn victims: Up to 20 plasma units**
-  **Automobile accidents: Up to 50 red blood cell units**
-  **Premature infants: Up to five units**
-  **Heart surgery: Up to six red blood cell units + six platelet units**
-  **Organ transplants: Up to 25 plasma units + 30 platelet units + 40 red blood cell units**

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Bloodmobile

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Sanjay Shrestha at (641) 814-6590

***Congratulations!** Your son or daughter would like to become a blood donor. With just one donation, they will directly impact the lives of three local hospital patients. Developing life-long habits of blood donation and volunteerism are an integral part of the health and wellbeing of the community. Thank you for your support in our mission of saving lives!*

Before you sign this permission form, we want you to feel confident in your son or daughter's decision to become a blood donor. Below we've provided information regarding the blood donation process, why it's important and benefits of becoming a blood donor.

SAFETY OF DONATING BLOOD:

Donating blood is a safe process. All materials used in the donation process, including bags and needles, are new, sterile, used only once, and then discarded. Specially trained LifeServe team members will assist your child through the entire donation process.

WHO CAN DONATE BLOOD:

Donors must be 16 years or older, in general good health and weigh at least 120 lbs.

HOW TO PREPARE FOR A POSITIVE DONATION EXPERIENCE:

We want your son or daughter to feel great after they've donated to help others, so encourage them to:

1. Drink plenty of fluids the night before and leading up to their donation - hydration is key to a positive experience
2. Eat a good meal - they should not donate on an empty stomach
3. Incorporate a bit more salt in their meals and snacks on the day of their donation
4. Get plenty of rest prior to their donation



WHAT TO EXPECT DURING THE DONATION PROCESS:

There are four basic steps involved in blood donation, which together take between 30-45 minutes.

1. **Registration:** A LifeServe team member will take your child's information, review the signed Parental/Guardian permission form for your signature, and check their identification.
2. **History screening:** Your child will complete a series of health and lifestyle questions and receive a mini-physical where they will check temperature, blood pressure, heart rate and their hemoglobin level by pricking their finger to ensure they are healthy to donate.
3. **Donation:** Collecting a unit of blood - about 1 pint - takes approximately 5-10 minutes. They may feel a slight pinch for a few seconds, but that's it!
4. **Snacks:** After the donation, your son or daughter will rest in the snack area where they will enjoy a snack and refreshments.

THE IMPORTANCE OF HIGH SCHOOL BLOOD DRIVES TO THE LOCAL BLOOD SUPPLY:

High school blood drives are critical to recruit new, first-time donors and set the stage for life-long habits of blood donation and volunteerism. One in seven people entering a hospital need blood, while only 5 percent of the eligible population chooses to donate. Your son or daughter's choice to become a lifesaving link between blood products and the patient in need is vital to the community.

SCHOLARSHIP & RECOGNITION PROGRAMS:

Whether your child is organizing their school's blood drive or choosing to donate at the blood drive, we have a program to recognize their commitment to saving lives.

- **Scholarships:** We offer nearly \$20,000 scholarship opportunities to high school students who host successful blood drives throughout the year.
- **Recognition:** High school students who donate a gallon of blood before graduation earn the distinction of becoming a Gallon Grad and receive a special honors cord to wear at graduation; a Certificate of Achievement; a formal letter of accomplishment from LifeServe Blood Center's president; and recognition in a press release sent to the local newspaper.



PARENTAL/GUARDIAN PERMISSION FORM

LifeServe Blood Center, your community blood center, is pleased that your child is planning to donate blood (whole blood, double red cells or platelets). To be able to give blood, your child (age 16 or 17) must have your written permission. Please sign the form below to provide consent for their blood donation.

LifeServe Blood Center focuses heavily on the safety and quality of the community blood supply. To determine donor eligibility, we will ask questions about: overall health and medications; travel; participation in activities that may be at risk for Hepatitis or AIDS; behaviors or symptoms associated with infectious diseases; and sexual contact. To ensure safety of the blood supply, it's important these questions are completed in a truthful manner. The donation process is a safe procedure and all materials used in the procedure are new, sterile and designed for one use only. Following every donation, blood is tested for a variety of infections that can be transmitted by transfusion. These include HIV (the AIDS virus), hepatitis, syphilis and several other tests. A total of 14 different tests are performed on each unit of donated blood. Testing does not indicate the presence of alcohol, marijuana, steroids or other drugs in the blood.

Prior to the donation, please do your best to have your child follow the pre-donation tips detailed on the opposite page. It's common for blood donors, especially first-time blood donors, to feel dizzy, light-headed or nauseous while donating blood. There may be slight pain, numbness, tingling, bruising or a red mark where the needle was inserted. Less common risks include fainting, muscle spasms or nerve damage.

Every donor, including your child, is required to sign a Donor Consent form prior to the donation procedure.

Below is the wording used on the Donor Consent form:

I have read and understand LifeServe Blood Center's pre-donation information as it applies to the type of donation (platelets, plasma, or red cells) I am about to make. To my knowledge I have answered all questions truthfully and accurately. I understand the information about the spread of the AIDS virus by blood and blood products. I agree not to donate blood or blood products for transfusion to another person or for further manufacture if I think I am at risk for spreading the AIDS virus. I voluntarily donate my blood to LifeServe Blood Center to use in any way it deems advisable. For that purpose I consent to related tests, examinations, and procedures determined appropriate by LifeServe Blood Center. I understand that my blood will be screened for HIV (AIDS virus) and other disease markers to reduce the risk of transmission of infectious disease to the recipient. If this testing is positive and shows that I should no longer donate blood or blood products because of an abnormality or risk of transmitting disease, I understand and agree that LifeServe Blood Center may tell me that by mail and put my name on a list of permanently deferred donors. If required by law, certain governmental health agencies may be notified. If test results determine this blood donation must be discarded, I will be notified by mail. These results may or may not affect my future status as a donor. There may be unforeseen circumstances when infectious disease testing may not be performed and the blood will not be used for transfusion. I understand that trained personnel will insert a needle into my arm to collect blood. The donation of blood is not completely risk free. I have read and understand these risks as presented in the pre-donation information. I have been given opportunity to ask questions and all the questions I have asked have been answered to my satisfaction.

PARENTAL/GUARDIAN CONSENT FOR MINOR DONOR:

My (son) (daughter) (ward) _____, date of birth ____/____/____, last four digits of social security number _____ a minor, has my consent and permission to make a donation of blood through LifeServe Blood Center, and for that purpose may sign the required consents and submit to the tests, examinations, procedures, reporting and notifications deemed necessary or appropriate in connection with blood donation. I have read the donor educational information and the donor consent and understand that donors are tested for the antibody to HIV (the AIDS virus) and a test for HIV nuclear material. All positive test results will be communicated in written form to BOTH the minor and their guardian/parent. This consent shall be effective for this donation and all subsequent donations made by my (son) (daughter) (ward) until they are 18 years of age or until I withdraw my consent by sending a written notice to LifeServe Blood Center, Attn: Director of Donor Services, 431 East Locust, Des Moines, Iowa 50309.

PRINT PARENT/GUARDIAN NAME: _____ RELATIONSHIP: _____

PARENT/GUARDIAN ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

PHONE: () _____ - _____

SIGNATURE _____ **DATE:** _____

Fun Facts

BLOOD DONATION MATTERS...

- For cancer patients undergoing chemotherapy and radiation treatment
- For patients undergoing organ and marrow transplants
- For cardiovascular surgeries
- For people being treated for inherited blood disorders
- For patients undergoing orthopedic surgeries
- For accident and trauma patients



YOU CAN RECEIVE

| | O- | O+ | B- | B+ | A- | A+ | AB- | AB+ |
|-------------|-----|----|----|----|----|----|-----|-----|
| IF YOU HAVE | AB+ | • | • | • | • | • | • | • |
| AB- | | | • | | • | • | • | • |
| A+ | | | | • | • | • | | |
| A- | • | | | | • | | | |
| B+ | • | • | • | • | | | | |
| B- | • | | • | | | | | |
| O+ | • | • | | | | | | |
| O- | • | | | | | | | |

DID YOU KNOW?

- One pint of blood can save up to three lives.
- Someone needs blood every two seconds.
- Only 38 percent of the U.S. population is eligible to donate blood but less than 10 percent donate annually.
- There is no substitute for human blood.
- You cannot get AIDS or any other infectious disease by donating blood.
- Healthy adults who are 16 years old and weigh at least 120 pounds may donate one pint of whole blood – the most common form of donation – every 56 days.
- One unit of whole blood is roughly the equivalent of one pint.

BLOOD TYPE INHERITANCE

POSSIBLE CHILDREN

| PARENTS | BLOOD TYPE | O | A | B | AB |
|---------|------------|---|---|---|----|
| AB AB | | | • | • | • |
| AB B | | | • | • | • |
| AB A | | | • | • | • |
| AB O | | • | | | |
| B B | | | | • | • |
| A B | | | • | • | • |
| A A | | | • | | |
| O B | | | | • | |
| O A | | | • | | |
| O O | | • | | | |

- About 1 in 7 people entering a hospital need blood.
- Females receive 53 percent of blood transfusions; males receive 47 percent.
- One unit of blood can be separated into several components: red blood cells, plasma, platelets and cryoprecipitate.
- Fourteen tests (11 for infectious diseases) are performed on each unit of donated blood.

Schedule an appointment to donate blood today!

Call 800-287-4903 or schedule online at www.lifeservebloodcenter.org.



What does your blood type say **ABO**ut you?

(re-printed from Fenwall's "Continuous Flow")

People with type **A** blood crave order and neatness. **Bs** are candid, forthright and non-conformist. **ABs** often have paranormal powers. **Os** evidently like to hear "Yo!"

More than 90 percent of the fans who like "Rocky" films are type **O**.

According to Toshitaka Nomi and Alexander Beshner, authors of "You Are Your Blood Type," personality analysis by blood type is an accepted quasi-science in Japan.

Os, which represent 45 percent of the people in the U.S., crave positions of power and leadership. They are driven to succeed and act as jealous guardians of hierarchies at work and in the family.

Os make the best presidents, heads of corporations and captains of sports teams. Ronald Reagan and Queen Elizabeth II are both **Os**. **Os** also make the best criminals. Al Capone was an **O**.

A is the second most common blood type. Due to the **As** meticulous habits, they are best suited for work in libraries, police departments and museums. They are incredibly self-controlled.

Bs thrive on the unusual. They are poor team players and believe in their own superiority. **Bs** can be absentminded professors. **Bs** also make great cooks.

If the Shroud of Turin was really Jesus' burial shroud, then Jesus Christ was an **AB**, one of the rarest blood types.

ABs are the most rational, sensible people around. They make excellent first impressions and are perfectly suited to careers in diplomacy.

Blood Facts: Questions & Answers

The first authentic transfusion was recorded in England in 1665 when what animal was kept alive by transfusions?
Man's best friend, a dog

Who developed the plastic blood bag?

Fenwal, approved after 15 years of trials by the Food and Drug Administration in 1963. The actual bag was invented by Professor Carl W. Walther (who later became the "wal" in Fenwal). The new bag overcame the objections that it "looked and felt like a liver" as well as passed the FDA requirement that it could be dropped onto asphalt from 200 feet without breaking, that it must not splatter when tossed across an operating room or when stepped on, that it must not leak when vented, be re-useable in an emergency and that used bags must not explode when incinerated. (NOTE: LifeServe Blood Center NEVER reuses a bag.)

What blood type has the most flat feet?

O Positive

Who performed the first "modern" transfusion?

James Blundell, an English obstetrician, in 1818.

Which former U.S. President is a multi-gallon donor?

Jimmy Carter, who by the way, is A Negative.

What is the origin of the red and white striped pole designating a barber shop?

Barbers became known as professional blood letters in the Middle Ages when bloodletting was a popular cure for many ills. Red and white barber poles symbolize the practice of hanging bloodstained bandages outside of their shops.

What professionals in ancient times became known by the animal they employed in their work?

Doctors used leeches to remove blood (which supposedly removed demons, which were thought to be the cause of illness). Soon their patients started referring to physicians as "leeches."

When were the 4 blood types identified in humans?

Not until 1900 did Karl Landsteiner identify the 4 basic blood types, and subsequently, the success of blood transfusions was significantly increased when patients were transfused with their same type.

What was the nickname of the Queen of England and Ireland who reigned from 1553-1558 (a cocktail is also named after her)?

Bloody Mary (Mary I or Mary Tudor)



800.287.4903

www.lifeservebloodcenter.org

Blood Donor Eligibility Guide

The information can be used as a general guide to help answer questions or concerns that may arise regarding donor eligibility. Eligibility for blood donation with LifeServe Blood Center is determined by criteria established by the Food and Drug Administration (FDA) as well as other blood banking industry regulatory agencies.

General Eligibility Requirements:

All donors should be in overall good health, and are encouraged to be rested and well-nourished at the time of donation.

Whole Blood Donors: Donors must be 16 years (with parental consent) or older and weigh at least 120 lbs.

Double Red Cell Donors: Donors must be 16 years (with parental consent) or older. Males must weigh at least 130 lbs. and be at least 5'1" tall and females must weigh at least 150 lbs. and be at least 5'3" tall.

Prior to donation, all potential donors must register with LifeServe Blood center and provide a form of identification printed with their name (e.g., driver's license, social security card, credit card, etc.)

Age

Donors must be at least 16 years or older. If first-time donors are 16- or 17-years-old, they must have a signed LifeServe Blood Center parent/guardian permission form.

Alcohol

OK if not under the influence at the time of donation.

Antibiotics

Donors should not donate if currently taking for an infection.

Cancer

Donors with certain skin and/or cervical cancer may donate three days after treatment. Donors with other types of Cancer usually may donate after one year of diagnosis if asymptomatic. Donors who have had the following types of cancer are not allowed to donate: Hodgkin's disease, leukemia, lymphoma, melanoma, multiple myeloma, mycosis fungoides.

Cold

You should not donate if you have a cold on the day of donation.

Diabetes

OK if well controlled by diet and medications. Insulin is OK as long as it was not beef insulin (bovine) from the United Kingdom and not taken since 1980.

Drugs/Medicines

Some medications may be fine for blood donation. Donors must provide names of medications that are currently being taken or previously been taken. For medication questions, please contact nurse@lifeservebloodcenter.org.

Epilepsy/Convulsions/Seizures

OK if seizure-free for six months.

Eligibility Timelines

| | |
|--------------------|----------------|
| Whole Blood | Every 8 Weeks |
| Double Red Cell | Every 16 Weeks |
| Apheresis Platelet | Every 2 Weeks |

Heart problems or heart surgery (now or in the past)

Some heart conditions are acceptable for blood donation and others may not be. For questions regarding heart issues, please contact nurse@lifeservebloodcenter.org.

Hepatitis

Some hepatitis conditions are acceptable for blood donation and others may not be. For questions regarding hepatitis issues, please contact nurse@lifeservebloodcenter.org.

Infections

Donors should not donate with an infection or if currently taking medication prescribed for an infection.

Piercing Ear/Skin

OK if performed with single-use, sterile instruments and equipment.

Pregnancy

OK six weeks after pregnancy ends. Breastfeeding is not a cause for deferral.

Vaccine

Be prepared to provide specific names of vaccines received in the last eight weeks.

Tattoos

OK if performed in a facility licensed to apply tattoos in the state of: Iowa, Alabama, Arkansas, California, Delaware, Florida, Georgia, Illinois, Kentucky, Louisiana, Maine, Michigan, Minnesota, Mississippi, Montana, Nebraska, New Jersey, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, South Dakota, Tennessee, Texas, West Virginia, or Wisconsin.

Travel

Some places of travel outside of the United States may lead to donation deferral. Donors will be required to provide specific locations as well and duration of stay and dates of return to determine donation eligibility.

Weight

Whole blood donors must weigh at least 120 lbs. Males donating double red cells must weigh at least 130 lbs and females must weigh at least 150 lbs. Maximum weight allowed for mobile donation and Bloodmobile cots is 350 lbs. and maximum weight for Donor Center cots is 400 lbs.

For specific questions regarding donation eligibility, call **800.287.4903, ext. 4876** or email nurse@lifeservebloodcenter.org.



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Give Blood!



Blood Donor Eligibility Guidelines







- Weight: 120 pounds
- Age: at least 16 years old (16 and 17 year old donors must have a signed parental/guardian permission form)
- Must be in general good health
- Eat a good meal prior to donating blood
- Drink plenty of fluids before and after donating blood
- Bring a Photo ID



Give Blood!



How much does Your donation help?

-  Cancer: Up to eight platelet units per week
-  Burn victims: Up to 20 plasma units
-  Automobile accidents: Up to 50 red blood cell units
-  Premature infants: Up to five units
-  Heart surgery: Up to six red blood cell units + six platelet units
-  Organ transplants: Up to 25 plasma units + 30 platelet units + 40 red blood cell units

Be a Blood Donor.



Give Blood!