

Did You Know?

- ◆ P/SL transfuses over 1000 units of blood products per month, including about 10 units of apheresis platelets per day.
- ◆ Only 3% of the population donates on a regular basis.
- ◆ Fresh frozen plasma expires in one year.
- ◆ Red blood cells expire in 35–42 days.
- ◆ Platelets expire in 5 days.
- ◆ You can donate whole blood approximately 6 times per year.
- ◆ You can donate platelets 24 times per year.

Services Provided at P/SL's Blood Donor Center:

- ◆ Whole Blood Collections
- ◆ Donations for One's Own Upcoming Surgery
- ◆ Donations Directed to a Specific Patient
- ◆ Apheresis Platelet, Plasma, and Red Cell Collections

About P/SL

Presbyterian/St. Luke's Medical Center – the flagship for HealthONE, the largest healthcare system in metro Denver – has met the healthcare needs of the Rocky Mountain residents since 1881.

Today the facility, licensed for 680 beds, is staffed by more than 1,600 employees and served by 550 active medical staff. P/SL also offers several Advanced Centers including Orthopedics, Cardiology, Oncology, and Surgery for both adults and children.

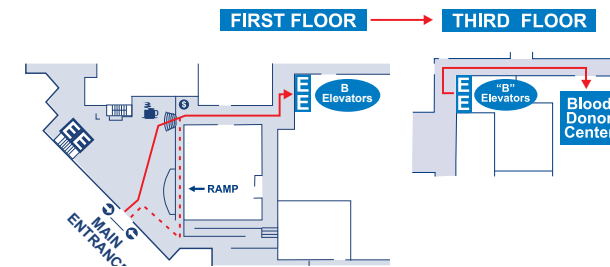
Additionally, its 166-bed pediatric center cares for over 12,300 children from across Colorado, throughout the United States and around the world.

The 84-bed Neonatal Intensive Care Unit is the largest in the Rocky Mountain and Great Plains regions, and board-certified neonatologists are on campus 24 hours a day.

The Blood Donor Center at P/SL also serves the Rocky Mountain Blood and Marrow Transplant Program, the largest, most active BMT program in the Rocky Mountain and Great Plains regions.

The BMT program is a partnership between the Advanced Cancer Center at P/SL and Rocky Mountain Cancer Centers. Together, we offer patients aggressive, high-dose therapies, promising new therapies, and clinical research trials. Our state-of-the-art center is a designated National Marrow Donor Program collection, donation and transplant center.

Directions to Blood Donor Services



From the Main Entrance walk to the left past the Admissions desk and continue up the stairs.* Go down the hallway and turn LEFT at the "T." There you will see the "B" elevators. Take an elevator to the 3rd Floor. Exit and turn RIGHT around the corner. Walk down the hallway until you see Blood Donor Services on the right.

* There is a ramp located to the right from the Main Entrance, behind the Admissions desk, if needed.

P/SL Blood Donor Services

1719 East 19th Avenue
3rd Floor, C Building
Denver, CO 80218
Phone: 303.839.6910
Fax: 303.839.6939

The need for blood is constant and urgent.
Please donate today.

For appointments please call: 720.208.9678

Free Parking
Visit pslmc.com for directions.

SUPERHERO FACT #04

NOT ALL SUPERHEROES WEAR CAPES.

Join other superheroes in their quest to save lives – become a blood donor.



P/SL BLOOD DONOR SERVICES

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720.208.9678 | pslmc.com

How Do Blood Types Match?

(Applies to transfused RBC only.)

Patient Type	Donor Type
O+	O+/O-
O-	O-
A+	A+/A-/O+/O-
A-	A-/O-
B+	B+/B-/O+/O-
B-	B-/O-
AB+	Any
AB-	Any -

You can donate blood if you:

- ◆ Are in general good health.
- ◆ Are at least 18 years old (17 with parental consent).
- ◆ Weigh at least 110 pounds.
- ◆ Can pass a general health and lifestyle screening.

Requirements for donating platelets are the same as for donating blood, with one additional, important requirement:

To donate platelets you must not take anything containing aspirin for 2 full days prior to the donation. (Aspirin has been shown to adversely affect the platelet.) You may donate platelets no more frequently than every three days, no more than twice in one week, and no more than 24 times in a year.

What are platelets?

Platelets are a type of blood cell that are necessary for blood to form a clot. Many different types of patients require transfusions of platelet products as part of their treatment, such as cancer and bone marrow transplant patients, surgical patients, obstetrical patients and other patients with bleeding problems.

Platelets are collected through a process called "apheresis." The word "apheresis" comes from a Greek root meaning "to remove and separate." The apheresis process involves the insertion of a needle in your arm similar to the needle used in any whole blood collection process.

Your blood is circulated through the processing equipment, platelet cells are removed, and the remaining blood is returned to you. This process can take from one to two hours. Your blood never touches anything but sterile, single-use tubing while the platelets are collected. We have internet, TV and DVD/VCR entertainment to help pass the time.

Why should I become a platelet donor?

Platelet donors are constantly needed to support our patients. Platelets have a shelf life of only five days, so the need is much greater than for whole blood, which lasts up to 42 days.

Friends and family members of patients using platelets are encouraged to consider replacing units used. Replacement platelet products are entered into the general inventory and used as needed for the good of all patients.

What would prevent me from becoming a donor?

- ◆ HIV/AIDS.
- ◆ Risk factors for developing HIV/AIDS or hepatitis.
- ◆ History of IV drug use.
- ◆ A blood disease and/or are on anticoagulant therapy.
- ◆ An infection being treated with antibiotics.
- ◆ Heart or lung disease.
- ◆ Kidney or liver disease.
- ◆ Diabetes requiring insulin.
- ◆ Had a heart attack or stroke.
- ◆ Cancer: eligible with a history of basal cell or squamous cell skin cancer or carcinoma in situ (any size). All other forms of cancer will be assessed at time of donation. Lymphoma and leukemia are currently permanent deferrals.
- ◆ Been pregnant in the past 6 weeks.
- ◆ Had a tattoo or body piercing within the past 12 months.
- ◆ Traveled to a malaria area within the past 12 months.
- ◆ Spent time that adds up to 3 months in the United Kingdom from 1980 through 1996.
- ◆ Spent time that adds up to 5 years in Europe from 1980 through present.

Questions? Please call 720-208-9678.

Why should I become a blood donor?

Regular donors make it possible for blood banks to have a steady supply of blood for accident and trauma victims, patients having surgery, or people undergoing treatment for blood disorders, cancer or leukemia. People just like you have helped so many others to live healthy, productive lives because the blood they donated was available when needed. Your own donation can mean the difference between life and death for someone else.

- ◆ Each year, nearly 5 million Americans need a life saving blood transfusion.
- ◆ 38,000 units of blood are needed every day in this country.
- ◆ About 60% of the US population is eligible to donate blood, but only 3% do.

Who needs blood?

Whole blood can be separated into Red Blood Cells and Plasma.

Red Blood Cells: Many types of patients require the transfusion of Red Blood Cells. They may include accident victims, patients undergoing surgery, cancer patients, kidney failure patients, obstetrical patients and infants.

Plasma: Patients who lack certain clotting factors, such as liver failure patients, and patients with certain types of cancer may require Plasma transfusions.