

Fast Facts About Platelet Donations

- 60% of the US is eligible to donate blood products, while only 5% actually do.
- Red blood cells, white blood cells, and platelets are produced in bone marrow.
- Platelets must be used within 5-7 days after being removed from the body.
- Cancer, transplant, trauma, and open– heart surgery patients require platelet transfusions to control their bleeding.
- Volunteers provide nearly 100% of the nation’s blood supply for transfusions.
- Shortages of all blood types often occur during the summer and winter holidays.
- Apheresis is a special kind of blood donation that allows a donor to give specific blood components, such as Platelets.
- Children being treated for cancer, premature infants, and children requiring heart surgery need blood and Platelets from donors of all types.
- About 12.6 million units of whole blood are donated in the US each year by approximately 8 million volunteer donors.
- On any given day, 32,000 units of blood products are needed.
- More than 23 million units of blood components are transfused each year.



“Think of giving not as a duty, but as a privilege.”
- John D. Rockefeller

Hemoglobin and Platelet Donation

- What is Hemoglobin?
Hemoglobin is a protein in your red blood cells that contains iron. The amount of iron in your blood is generally controlled by diet and nutrition; but in some cases it may be altered by chronic diseases or genetic disorders. Iron functions in the blood by helping to carry oxygen in the red blood cells to muscles, and is essential in the production of energy in the body.
 - 5% of donors are deferred because they do not pass the hematocrit test; that is, they do not have enough iron to donate at the time of the hematocrit test.
 - Failing the ‘iron’ test is a 24 hour deferral.
 - The average hemoglobin level for adult females ranges from 11.5- 14.6 g/dL, and in

More than 10 Tests are Performed on Each Unit of Blood, Including:

1. Hepatitis B surface antigen (HBsAg)
2. Hepatitis B core antibody (anti– HBc)
3. Hepatitis C virus antibody (anti– HCV)
4. HIV-1 and HIV-2 antibody
5. HIV p24 antigen
6. HTLV-I and HTLV II antibody
7. Serologic test for syphilis
8. Nucleic Acid Amplification Testing (NAT)
9. West Nile Virus

Anemia

Hemoglobin levels that fall below the average range are consistent with vitamin deficiency, poor nutrition, blood loss, or genetic disorders. Generally speaking, this condition is referred to as ‘anemia’.

Characteristics of anemia may include, but are not limited to, at least one of the following:

- Weakness
- Fatigue
- Shortness of Breath
- Dizziness
- Headache
- Rapid heart rate

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- Pale Skin
- Ringing in the Ears

Generally speaking, symptoms of anemia may be assuaged by increasing intake of foods rich in iron, vitamin B12, and folate (these help maintain normal hemoglobin levels). If symptoms of anemia persist despite increasing one's intake of iron- rich foods, it is recommended that donors arrange to meet with a physician or other health care provider to further explore causes of anemia that fall outside of diet and nutrition. Although iron deficiency anemia is common, only a health care provider can accurately make this diagnosis. Many symptoms of anemia are consistent with other nutritional deficiencies, and there are multiple causes of anemia. Taking iron supplements or self- treating an iron deficiency without consulting a health care provider may adversely affect one's health. Taking iron supplements may overload one's body with iron, leading to zinc and copper deficiencies, which may be as harmful as having too little

Iron Rich Foods

PROTEIN FOODS		BREAD & CEREALS		FRUITS & VEGETABLES	
	Iron (mg)		Iron (mg)		Iron (mg)
Liver (Cooked, 2 oz.)	5	Dry Cereal (1 cp/oz)	18	Prune Juice	4.5
Beans (Cooked, 1 cp.)		Buckwheat's/ Kix	8	Figs, 5 Med.	3
Red, Kidney, Pinto	5			Watermelon (1 slice)	3
Black- Eyed Peas	4	Bran/ Wheat Cereals	4.5	Raisins (1 cp)	2.5
Lentils	3			Prunes, 5 Med.	2
		Rice Chex, Rice	2	Spinach (Cooked, 1 cp.)	2
Tofu (8 oz.)	2.5	Krispies, Corn Flakes		Dates, 5 Med.	1.5
				Peas (1 cp. Cooked)	1.5
Meat/Poultry (2oz.)		Cream of Wheat	8	Apple Juice (1 cp.)	1
Pork	2.5			Banana, 1 Med.	1
Beef	2	Oatmeal	0.5	Broccoli, 1 Stalk	1
Chicken	1			Green Beans (Cooked, 1cp)	1
		Flour Tortilla (1 avg.)	1	Potato	1
Eggs, 2	2	Corn Tortilla	0.5	Strawberries	1
				Tomato (1 Med.raw)	1
Peanut Butter (4 Tbs.)	2	Bread (Whole Wheat/ Enriched- 1 slice)	0.5	V-8 Juice (1 cp.)	0.5
				Apple, 1 Med.	0.5
Soup (Split Pea/ Bean) w/ Pork (1 cp.)	2	Noodles (Cooked, 1 cp.)	0.5	Apricot, 2 Med.	0.5
				Melon	0.5
Tuna (1 cp.)	1	Rice (Cooked, 1 cp.)	0.5	Orange, 1 Med.	0.5
				Pear, 1 Med.	0.5
Hot Dog (2, Cooked)	1				

Dairy products contain very little Iron