



## JANUARY: National Blood Donor Month

*One donation of blood can help save the lives of up to three people.*

The American Red Cross is the largest single supplier of blood and blood products in the U.S., collecting and processing more than 40 percent of the blood supply and distributing it to some 3,000 hospitals and transfusion centers nationwide. The Red Cross also plays a leading role in protecting the safety of donors and patients and increasing the availability of blood. It has been among the first to help develop and implement testing for infectious diseases and is frequently the single major contributor to clinical trials to improve blood safety.

### Facts about Blood Needs

- Every two seconds someone in the U.S. needs blood.
- More than 44,000 blood donations are needed every day.
- 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-hand before the event occurs.
- Sickle cell disease affects more than 80,000 people in the U.S. Sickle cell patients can require frequent blood transfusions throughout their lives.
- More than 1 million new people are diagnosed with cancer each 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.

### Facts about Blood Supply

- Share of the U.S. population eligible to give blood: Less than 38 percent.
- Blood cannot be manufactured – it can only come from generous donors.
- Type O-negative blood (red cells) can be transfused to patients of all blood types. It is always in great demand and often in short supply.
- Type AB-positive plasma can be transfused to patients of all other blood types. AB plasma is also usually in short supply.

### Facts about the Blood Donation Process

- Donating blood is a safe process. A sterile needle is used only once for each donor and then discarded.
- 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 and 15 min.

### Facts about the Blood Donation Process Continued

- 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.
- 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 the American Red Cross during the donation process is confidential. It may not be released without your permission except as directed by law.

### Benefits of Donating

- It feels great to donate!
- You get free juice and cookies.
- You will help ensure blood is on the shelf when needed- most people don't think they'll ever need blood, but many do.
- You will be someone's hero- you could help save more than one life with just one donation.

By: The American Red Cross

## *Recipe of the Month*

### **Chicken and Asparagus Penne** Serves 2

- 1.5 cups uncooked penne pasta
- 1 cup chopped asparagus
- 6oz. boneless, skinless chicken breasts cut in 1-in. cubes
- 2 garlic cloves, minced
- 1 can (14.5 oz.) diced tomatoes with herbs, including juice
- 1oz. soft goat cheese, crumbled
- 1 tablespoon Parmesan cheese



**Directions:** Cook pasta according to the package. Drain the pasta and set aside. In a pot fitted with a steamer basket, bring 1 inch of water to a boil. Add asparagus. Cover and steam until tender-crisp, about 2 to 3 minutes. Spray large nonstick frying pan with cooking spray. Add chicken and garlic, sauté over medium-high heat. Cook until the chicken is golden brown, about 5 to 7 minutes. Add canned tomatoes, with juice, and simmer 1 minute. In a large bowl, add the cooked pasta, steamed asparagus, chicken mixture and goat cheese. To serve, divide mixture between 2 plates. Sprinkle each serving with 1/2 tablespoon Parmesan cheese. Serve immediately.

### Nutritional Information:

Calories 1455, Total Fat 8g, Cholesterol 81mg, Total Carbs 55g, Dietary fiber 6.5g, Protein 41g