

1. Red blood cells must be used within 42 days.
2. Blood makes up about 7 percent of your body's weight.
3. The average adult has 10 pints of blood in his or her body.
4. Blood fights against infection and helps heal wounds, keeping you healthy.
5. Red blood cells carry oxygen to the body's organs and tissue.
6. There are about one billion red blood cells in two to three drops of blood.
7. Red blood cells live about 120 days in the circulatory system.
8. Platelets must be used within five days of collection, hence blood donations are especially needed around 3-day weekends.
9. Plasma can be frozen and used for up to a year.
10. Healthy bone marrow makes a constant supply of red cells, plasma and platelets.
11. People who have been in car accidents and suffered massive blood loss can need transfusions of 50 units or more of red blood cells.
12. Plasma is a pale yellow mixture of water, proteins and salts.
13. Plasma, which is 90 percent water, constitutes 55 percent of blood volume.
14. Cancer, transplant and trauma patients and many patients undergoing open heart surgery require platelet transfusions to survive.
15. White cells are the body's primary defense against infection.
16. There is no substitute for human blood.
17. Much of today's medical care depends on a steady supply of blood from healthy donors.
18. People donate blood out of a sense of duty and community spirit, not to make money.
19. Every two seconds someone needs blood.
20. Approximately 32,000 units of blood are used each day in the United States.
21. Blood centers often run short of type O and B blood.
22. Shortages of all types of blood occur during the summer and winter holidays.
23. Anyone who is in good health, is at least 17 years old, and weighs at least 110 pounds may donate blood every 56 days.

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24. The actual blood donation usually takes less than 10 minutes. The entire process, from when you sign in to the time you leave, takes about an hour.
25. Giving blood will not decrease your strength.
26. Apheresis (ay-fur-ee-sis) is a special kind of blood donation that allows a donor to give specific blood components, such as platelets.
27. You cannot get AIDS or any other blood disease by donating blood.
28. More than 10 tests are performed on each unit of donated blood.
29. Sickle cell disease is an inherited disease that affects more than 80,000 people in the United States, 98 percent of whom are of African descent.
30. Some patients with complications from severe sickle cell disease receive blood transfusions every month.
31. The average bone marrow transplant requires 120 units of platelets and about 20 units of red blood cells.
32. Severe burn victims can use 20 units of platelets during their treatment.
33. Children being treated for cancer, premature infants, and children having heart surgery need blood and platelets from donors of all types.
34. If you began donating blood at age 17 and donated every 56 days until you reached age 76, you would have donated 48 gallons of blood.
35. About 3 gallons of blood supports the entire nation's blood needs for one minute.
36. One out of every 10 people entering a hospital needs blood.
37. The average red blood cell transfusion is 3.4 pints.
38. Females receive 53% of blood transfused; males receive 47%.
39. A newborn baby has about one cup of blood in his or her body.
40. 60% of the US population is eligible to donate – only 5% do on a yearly basis.
41. After donating blood, you replace your red blood cells within three to four weeks. However, it takes four to six weeks to restore the iron lost after donating.
42. Since a pint is a pound, you lose a pound every time you donate blood.

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