



## SEPARATING **FACT** from **FICTION**

The *truth* about giving blood.



## Make an informed decision about giving blood.

Think you can't donate, or maybe you just don't want to? Before you make up your mind, review these common misconceptions about blood donation. Then if you still have questions about whether you can give, call Lifeblood at 1-888-LIFEBLOOD or visit a Lifeblood donor center near you. Remember, someone's loved one is counting on you.

**MYTH:** It hurts to donate blood.

**FACT:** You'll feel a little pinch – and just for a few seconds.

**MYTH:** I've already donated once this year, so I don't need to donate again.

**FACT:** Frequent blood donors are crucial to achieving a stable local blood supply. Individuals are eligible to donate every 56 days and are asked to do so.

**MYTH:** It's not safe to donate blood. I could get a disease.

**FACT:** Donating blood is completely safe. Lifeblood staff members are extensively trained, highly skilled and use new collection supplies for each donor.

**MYTH:** It takes too long.

**FACT:** Donating a pint of blood only takes about 40 minutes from the time you walk in to the time you leave. That leaves you with plenty of time to grab a bite during your lunch hour.

**MYTH:** I tried to give once but was deferred so I can't donate.

**FACT:** There are lots of conditions that cause potential donors to be temporarily deferred, like a recent illness, a new piercing or tattoo, or international travel. Once a few weeks have passed, people are often once again eligible to give. So don't give up.



## About Lifeblood

Since 1963, Lifeblood has served our hospitals and supplied almost all of the blood needed. The blood we collect stays in our community to help our fellow citizens. Lifeblood's only priority: helping save lives by providing the highest quality blood products and services to patients in our area.

We are open 24 hours a day, seven days a week to process and supply more than 90% of the blood used by area hospitals and other medical centers. We have donor centers located throughout the community, mobile units and nearly 200 employees to serve our donors.

**MYTH:** I can't donate because I'm taking medication.

**FACT:** Don't be so sure. Individuals taking blood pressure medication, as well as those with diabetes, can donate blood. Check with a Lifeblood staff member to find out if your medication precludes you from donating.

**MYTH:** Blood donors who are paid for their donations are still helping patients in our local hospitals.

**FACT:** In the U.S., all blood that is transfused to patients must be collected from volunteer donors. Blood collected from donors who are paid can only be used for research.

**MYTH:** There's no real shortage. The blood will be there when patients in our hospitals need it.

**FACT:** Local hospitals need more than 100,000 units of blood each year. Lifeblood must constantly import blood from volunteer donor centers – as much as 100 units every day – to make sure that our community hospitals have the blood they require. The only way to guarantee that blood will be available is to donate as often as possible.

**MYTH:** I'm too old to donate blood.

**FACT:** You're never too old to donate blood. As long as you are in generally good health, are 16 years old and weigh at least 110 lbs., you can donate blood.

### MEDICAL CENTER

Paul W. Barret, Jr. Center  
1045 Madison Ave.  
901.522.9198

### BARTLETT

7505 Highway 64, Suite 109  
901.384.9898

### COLLIERVILLE

875 West Poplar, Suite 18  
901.850.9291

### EAST MEMPHIS

4934 Poplar Ave.  
901.767.8585

### GERMANTOWN

2095 Exeter, #75  
901.756.8585

### TIPTON COUNTY

826 A Highway 51 N.  
901.476.5501

### UNIVERSITY OF MEMPHIS

Rawlins Service Court Building  
Suite 201  
901.678.5722

### BLYTHEVILLE, AR

320 North 6th  
870.763.8585

### DESOTO COUNTY, MS

577 Goodman Road, #5  
662.349.0662

1.888.LIFEBLOOD  
WWW.LIFEBLOOD.ORG  
1040 Madison Avenue  
Memphis, TN 38104-2198



1.888.LIFEBLOOD | WWW.LIFEBLOOD.ORG