



## JANUARY IS NATIONAL BLOOD DONOR MONTH

**You don't need a special reason to give blood . . . but here are a few facts:**

- 4.5 million Americans would die each year without life saving blood transfusions.
- Every three seconds someone needs blood.
- Just one pint of donated blood can help save as many as three people's lives.
- About three gallons of blood supports the entire nation's blood needs for one minute
- Blood donation takes four steps: medical history, quick physical, donation, and snacks. 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 45 minutes.

**You just need your own reason.**

- Some of us give blood because we were asked by a friend.
- Some know that a family member or a friend might need blood some day.
- Some believe it is the right thing to do.

Whatever your reason, the need is constant and your donation is important for maintaining a healthy and reliable blood supply. You'll feel good knowing you've helped change a life! Make a difference in your community! Consider being a blood donor this month. You can contact Carter Bloodcare at [www.carterbloodcare.org](http://www.carterbloodcare.org) or the American Red Cross at [www.redcrossblood.org](http://www.redcrossblood.org) or call 1-800- RED CROSS (1-800-7332767)



**The Medical  
Center of Plano**