



CIRCULATOR

A quarterly publication celebrating life through blood donation

Spring 2016

Conquering Ulcerative Colitis

Athlete receives blood transfusions during Irritable Bowel Disease treatment

"I've been involved in sports and fitness my whole life," said Dylan Harris, who earned a degree in Exercise and Movement Science at Missouri State University, became a Certified Strength and Conditioning Specialist and a Crossfit coach, and even participated in competitive bodybuilding.



Click the photo above to watch a short video of Dylan Harris' story.

"I was losing blood daily," Dylan said. "I was having bowel movements 15 to 20 times a day, and with each one I was losing blood."

Once diagnosed, the goal was to get Dylan's illness under control so that he could manage it with medication and diet alone, without surgery. However, his hemoglobin was extremely low, and treatment with several medications had failed to bring him comfort. He was losing blood at an alarming rate and his weight plummeted 50 lbs. within weeks.

Dylan underwent four surgeries from June to November of 2014. During treatment, he had multiple blood transfusions. "I had two while I was in my hospital room to help keep me stable, and another transfusion in the operating room to try to bring me back to life," he said. "I believe it was 3 or 4 units. I started to code. It got a little out of control there."

Prior to receiving a blood transfusion, Dylan was weak and had no color to his skin. "Within an hour or so after a transfusion, I could see and feel a difference."

The first surgery removed his entire colon. An ileostomy was created to allow elimination using an external pouch. Months later, surgeons constructed a J-pouch, or an internal reservoir, to allow elimination without the external pouch and to allow a more normal life. **(continued on page 4)**

What is ulcerative colitis?

Ulcerative colitis is an inflammatory bowel disease that causes long-lasting inflammation and ulcers (sores) in your digestive tract. Ulcerative colitis affects the innermost lining of your large intestine (colon) and rectum. Symptoms usually develop over time, rather than suddenly.

Ulcerative colitis can be debilitating and sometimes can lead to life-threatening complications. While it has no known cure, treatment can greatly reduce signs and symptoms of the disease and even bring about long-term remission.

Although ulcerative colitis usually isn't fatal, it's a serious disease that, in some cases, may cause life-threatening complications.

Ulcerative colitis usually begins before the age of 30. But it can occur at any age, and some people may not develop the disease until after age 60.

For more information about ulcerative colitis, click [HERE](#) to visit Mayo Clinic's website.

Source: Mayo Clinic

Exciting Changes for CBCO in Springfield

Friday, May 6, will be business as usual for CBCO's Reser Donor Center, but when the doors shut at 1:00 p.m., they'll be closed for good. When CBCO opens for business Monday, May 9, Springfield blood and apheresis donors will enjoy more convenient donation hours and improved service as a result of merging the two donor centers into the blood center's headquarters, Thomson Donor Center, at the corner of South Campbell and Plainview Road.

What are the benefits of having one donor center in Springfield?

- A single, centralized location allows us to focus our limited resources and offer extended donation hours.
- Extended hours at the Springfield donor center are from 7:00 a.m. until 7:00 p.m. Monday through Friday, and from 7:00 a.m. until 1:00 p.m. on Saturday. Beginning May 15, we'll be open from 9:00 a.m. until 3:00 p.m. Sunday.
- Donors will see the same friendly staff, along with new faces on the CBCO lifesaving team.
- Donors will enjoy extended donation hours and more appointment slots, increasing the availability of their preferred donation time.
- Consolidated operations provides improved inventory management, resulting in lower expirations and other blood product losses.
- A single donation location ensures more timely delivery of blood products to the laboratory for testing and manufacturing, getting the gift of life to patients more quickly.
- Operating one donor center location allows the blood center to reduce operating costs and, in turn, maintain service fees among the lowest in the country.

Please plan on stopping by during our grand re-opening May 9 through 13. To celebrate, donors at this center will receive a free T-shirt that week, along with treats from local businesses each day.

Reser Relocation & Thomson Grand Re-Opening

Friday, May 6	Last day of operations at Reser Donor Center (7 am - 1 pm)
Monday, May 9	Grand Re-opening Celebration at Thomson Donor Center
	New center hours at Thomson begin (Mon. - Fri. 7 am - 7 pm; Sat. 7 am - 1 pm, and Sun. 9 am - 3 pm)
	Dedication of Reser Memorial Garden at Thomson Donor Center (3 pm)



Reser Donor Center



Blood Hub launches May 9 in Springfield

Those who give blood at CBCO's Thomson Donor Center in Springfield have a new tool to help with several blood-donation activities.

The Blood Hub, a cheerful kiosk with a touch-screen computer inside, is ready to help you schedule your next appointment while it's fresh on your mind, sign up for LifePoints, log in to the donor portal to check your LifePoints balance or redeem them, learn about volunteering with CBCO, and more.

Volunteers are ready to assist you in learning how to use The Blood Hub next time you're at the donor center. You'll find it in the Donor Café area.

Holiday Heroes Launches May 27

Visit a CBCO donor center for special perks during specific dates

Once again, we're gearing up to make sure we have blood on hospital shelves on dates surrounding specific holidays, when we have traditionally seen fewer donations coming in. Whole blood donors who make a commitment to donating during these specific dates at 1 of our 4 donor centers will receive some great stuff.

There are two sign-up periods when you may make your first donation and commit to making all 3 during the program. At that time, you'll be given a free T-shirt, and 50% bonus LifePoints will appear in your account a few days later. Donation #2 will land you another free T-shirt and bonus LifePoints. Donation #3 gets you a special gift and bonus LifePoints. Donate all 3 times and you'll score an additional 3,000 LifePoints on top of everything else.

Want to be part of the fun? Come visit our donor centers during one of the sign-up days, and let us know you're ready to be a Holiday Hero!



DONATION 1 Fri., May 27 or Wed., June 29 through 1 p.m., July 1	DONATION 2 Fri., August 26 through Mon., August 29	DONATION 3 Wed., November 23 or Fri., December 23 or Fri., December 30
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Save the Date!

Visit www.cbco.org, click on "Social," and then click on "Events" to learn more.



April 23, 2016
Fuel For Life
Blood Drive &
Car Show at
Thomson Donor
Center only.

May 6, 2016
Last day of operations for
Reser Donor Center.

May 9, 2016
Grand re-opening of
Thomson Donor Center.
New hours for donor center debut
(M-F 7 am to 7 pm; Sat 7 am to 1 pm).



May 19, 2016
Springfield Police
Department
Blood Drive at
Thomson Donor
Center.



June 7, 2016
Bleed Blue with
Northwest
Arkansas Nationals.
Bentonville and
Springdale donor
centers only.



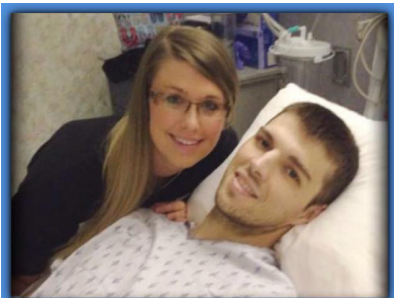
June 13 – July 3, 2016
Salute a Veteran Blood Drive.
50% bonus LifePoints!
All mobile blood drives and
donor centers.

June 17, 2016
Second Annual Heal for Neil Blood
Drive at Thomson Donor Center.

June 29 – July 2, 2016
Holiday Heroes Sign-up
50% bonus LifePoints!
Donor centers only.



July 11 – 12, 2016
Bleed Red with
Springfield Cardinals.
Thomson Donor Center
only.



Fitness instructor receives blood (continued from page 1)

Now 26, Dylan has fully recovered and is doing the things that he loves – teaching his clients weight training and fitness in Springfield. He also married the young lady who stood by him through his illness, although the pair had to delay their wedding one year until he was healthy. “She was a champ. She’s a nurse, so she was able to really help out,” he said.

His life now includes what he calls a new normal. “Nothing is holding me back. I can do all of the activities I used to do,” he said.

Before his illness, Dylan already understood the power of donating blood. In fact, he had donated during blood drives held at his high school in New Madrid, Missouri. Still, what he has lived through has been an eye-opener for him, as far as what the gift of donating blood can really mean.

“If I could meet the donors who gave blood for me, I’d have to give them a big hug and thank them for the difference they’ve made in my life,” said Dylan.

Photos courtesy of Brittney Harris

10 Local Non-Profits Continue LifePoints Lift Competition for \$2,000

These organizations receive a boost when you donate your LifePoints rewards to them, plus the group with the most donors through September 30, 2016, will receive a \$2,000 check from CBCO. Here are the groups’ current rankings:

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| 1. Ozarks Food Harvest | 6. Care to Learn |
| 2. Northwest Arkansas Children’s Shelter | 7. Habitat for Humanity of Springfield, MO |
| 3. The Salvation Army – Ozarks Area | 8. Northwest Arkansas Food Bank |
| 4. Ronald McDonald House Charities of the Ozarks | 9. Relay for Life of Springfield, MO |
| 5. Breast Cancer Foundation of the Ozarks | 10. CASA of Southwest Missouri |

Our mission is to provide a quality blood supply, in a timely manner, at the lowest reasonable fee, while remaining accountable to the local community, blood donors, and health care providers.

Extended Hours at Springfield Donor Centers

For the remainder of April, the two donor centers will have the following extended hours for donors:

- Thomson Donor Center’s extended hours are every Thursday, from 9:00 a.m. – 6:00 p.m.
- Reser Donor Center’s extended hours are the first and third Tuesday of each month, from 7:00 a.m. – 6:00 p.m.

Click an icon to follow us on social media!



Don’t forget! Share your donation selfie on social media using the hashtag #redcellie

Four convenient CBCO Donor Centers near you!

Springfield

Thomson Center - 220 W. Plainview
(417) 227-5000 or 800-280-5337
Monday through Friday, 9 am to 5 pm
Thursday Extended, 9 am to 6 pm
Saturday, 7 am to 1 pm

**Joplin - Northpark Mall
101 N. Range Line Rd.**
(417) 626-8323 or 866-401-5143
Monday through Friday, 11 am to 6 pm

Springdale - 3503 S. Thompson
(479) 927-1200 or 866-401-5144
Monday through Thursday, 11 am to 6 pm
Friday, 8 am to 2 pm

Bentonville - 1400 SE Walton Blvd.
(479) 464-2506
Monday through Thursday, 11 am to 6 pm
Friday, 8 am to 2 pm