



CIRCULATOR

A quarterly publication celebrating life through blood donation

Winter 2018

Rare disorder requires frequent blood transfusions

Life is hectic at the Goodman, Missouri, home of Tina and Larry Waits. The house is bustling non-stop with their five teenagers. With school, sports, activities, and all five driving, it's enough to make anyone's head spin. But Tina reached a point several years ago where the head-spinning became a major concern.

"All of a sudden, I started getting a lack of concentration. A lack of my abilities to sense things, to understand, to remember things," she said. She also experienced overwhelming fatigue that reached a level preventing her from keeping her job. Her symptoms progressed for several years, with doctors unable to determine a cause. "I eventually ended up in the ICU with a hemoglobin of 3." (A hemoglobin level of 12 to 15.5 grams per deciliter is considered normal for a woman.)

During that hospital stay, Tina received her first transfusion – 12 units of red blood cells. After seeing several doctors and having a few misdiagnoses, she was diagnosed in 2009 with a rare condition called Pure Red Cell Aplasia (PRCA). There is no cure for this disorder. Since that time, she has received almost 600 units of blood, all from generous CBCO donors.

Pure Red Cell Aplasia caused Tina's body to make very little blood on its own. "When my bone marrow makes blood, my body fights it off like it's an autoimmune deficiency," she said. She is now considered transfusion-dependent, which means her body no longer produces blood and she must have

frequent blood transfusions in order to survive.

Tina is scheduled to receive two to three units of

blood every two weeks at Freeman Hospital in Joplin, one of the hospitals where CBCO provides blood and blood products. "I just don't survive without it," she said. In addition, Tina sees a specialist several times a year at the University of Missouri Hospital in Columbia.

"When you go in to get a blood transfusion, you can't focus. It's like you're going through mud," Tina said. "When you get the blood transfusion, everything comes to life. You're able to feel. The pinkness comes back. It's an amazing thing to witness. I can get some rejuvenation within 24 hours. I usually feel like my senses have come back. The fog lifts."

Following her transfusions, Tina is able to reach a comfortable level of activity and maintain it well until she gets closer to the date of her next transfusion. She still experiences fatigue and a loss of focus, but she usually starts out with more energy immediately after receiving blood.

"We can tell when she's getting low on blood," said her husband, Larry. "She'll get really emotional. She'll start conversations and quit in the middle."

Tina appreciates CBCO's volunteer blood donors and the volunteers behind the scenes who help make blood drives happen at various locations. "You touch so many lives," she said. "Because (Continued on page 2)



A rare condition makes it necessary for Tina Waits to receive blood every two weeks.

"I'm blessed to be here and I appreciate everything that you've done for me and my family."

—Tina Waits

Blood transfusions needed every 2 weeks

(Continued from page 1) of you, I've gotten almost 600 units of blood. It's unbelievable how everybody touches everybody and they don't even realize. I'm just one of the people who are able to say thank you."

Knowing that volunteers power so much of what CBCO accomplishes means a lot to Tina. She often thinks about the volunteers who help set up and run blood drives and the volunteers who donate blood. These volunteers will probably never meet the patients who received their blood, yet each day they come in with people who needed blood, or know someone who received blood – often without realizing.

"You guys just do this, and continue to plant these seeds and grow into something that's an amazing thing," she said of those who volunteer.

Tina will continue to need blood consistently for the rest of her life. She hopes that by sharing her story, donors will be inspired to continue to give – for her and for thousands of other patients who need blood in our area each year.

"I'm so thankful. Because of every single one of you, I'm still able to give my own love, hugs, and kisses," she said. "I'm blessed to be here and I appreciate everything that you've done for me and my family."



Time-Saving Feature to Launch for Blood Donors

Our new QuickPass system, launching February 19, 2018, lets you start the registration process before you ever arrive at the blood drive. You'll answer our required health history questions independently from home, school, or work, the day of your blood drive or the day you visit one of our donor centers.

With QuickPass, you can go online using your own computer, smartphone, or tablet to complete the donor questionnaire. This allows you to skip registration when you arrive at the blood drive or donor center, and move on to the next step rather than waiting your turn to answer the same questions for our staff.

Our new computer system will walk you through each question with photos and text. When you're finished, you'll receive a unique bar code that you'll need to take to with you. Before exiting the system, you will be asked if you would like to print the bar code or email it to yourself. Either way, you must present the bar code at the blood drive or donor center so that we may retrieve your completed questionnaire.

With a few minutes invested before you go to the blood drive or donor center, your donation process will potentially be shortened, with less time away from work or out of class.

To take advantage of QuickPass, visit www.cbco.org the day you will give blood. You'll see a link to click that will take you through the process. We look forward to seeing you at the blood drive in the QuickPass lane!

What is Pure Red Cell Aplasia?

According to the National Organization for Rare Disorders:

- PRCA is a rare bone marrow disorder characterized by an isolated decline of red blood cells (erythrocytes) produced by the bone marrow. Affected individuals may experience fatigue, lethargy, and/or abnormal paleness of the skin (pallor). Acquired Pure Red Cell Aplasia may occur for unknown reasons (idiopathic) or as a primary autoimmune disorder.
- It is thought to be an autoimmune disorder possibly caused either by a tumor of the thymus gland, certain drugs or a viral infection. It is one of a group of bone marrow failure syndromes.
- It affects males and females in equal numbers.
- It may have multiple causes, congenital or acquired.
- The main goals of treatment for pure red cell aplasia (PRCA) are to restore the production of red blood cells, maintain adequate hemoglobin levels, and treat underlying disorders that may be causing the condition.



We're Making Blood Donation Easier

Beginning February 19, 2018, donating blood will get a little easier, thanks to a new, automated donor questionnaire. CBCO will implement a whole new computer system, and donors will experience improved steps for blood donation.

What changes will you notice at our blood drives and donor centers?

- Donors will answer required health history questions independently, using a touch-screen tablet provided at donor registration. "We'll still have the privacy booths like we did before, so the donor will take the tablet to the booth and answer the questions," said Trista Markle, Project Manager. "At the end of the questions, it instructs the donor to take it back to registration."
- All steps of the donation process – registration, questionnaire, medical history, and phlebotomy – will be captured using the computer system.
- The system will prevent missed questions that require a follow-up call from us.
- The questionnaire is presented with a bright, graphical display for improved comprehension of important information.
- Health history information can be retained between donations, allowing for faster updates to medical history.
- Donors may complete the questionnaire before arriving at the blood drive or donor center using our Donor QuickPass online.



A potential time-saver for donors who travel a lot will be the new system's ability to retain your answers about when and where you vacationed. "We have to document that every single time," Trista said. "Now the first time they come in with that travel info once the new system is in place, we make a donor comment that stays on the donor record. Every time they come in, we can pull it up and review it with the donor." It may take a few extra minutes to enter this information the first time, but it will save time in the long run.

The new system will help the blood center and hospitals we serve:

- System controls help prevent skipped questions, which could have resulted in loss of a precious blood donation.
- Stronger tracking of data related to blood donation for continual process improvement.
- Reduce human errors, resulting in improved quality and reduced product loss.
- Allows CBCO to comply with standards and regulations more quickly and efficiently.

We are truly excited about the new system we're introducing, and look forward to sharing it with you and all of our donors. Please visit our website at www.cbco.org for more information!

**You don't follow us on social media?
Click an icon and start following
us today!**



What will you do with your LifePoints rewards?

Are you taking advantage of CBCO's LifePoints rewards? All you need to do is go online to register for LifePoints within seven days of donating blood. After that, each donation (and attempted donation) will result in LifePoints being deposited automatically within seven days of future donations. If you haven't registered yet, do it now before you forget by clicking [HERE](#).

LifePoints may be redeemed online for gift cards to these great merchants:

- Visa gift card – 7,000 LifePoints
- Amazon gift card – 4,000 LifePoints
- One free small concrete from Andy's Frozen Custard – 3,000 LifePoints
- Starbucks gift card – 3,000 LifePoints
- Dairy Queen gift card – 3,000 LifePoints



Feeling extra generous? Instead of redeeming your LifePoints for a gift card, give them to one of 10 great nonprofits through our LifePoints Lift program. For more details, click [HERE](#).



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.

2017 Mary Carroll Lifetime Achievement Award Presented

Jerry Quinn was honored with CBCO's Mary Carroll Lifetime Achievement Award at our 2017 Volunteer Appreciation Banquet. The event was held Thursday, December 14, 2017, in the Jim McLeod Room at Thomson Donor Center in Springfield. Launched in 2006, the Mary Carroll Lifetime Achievement Award recognizes outstanding commitment to service, and is the highest honor that CBCO bestows on volunteers. It is named for Mary Carroll, who was a charter volunteer with CBCO from its inception in 1995.

Jerry has volunteered with CBCO since 1996, when she helped us decorate our first building near the corner of Seminole and Glenstone in Springfield. She also was responsible for all décor when we moved into our current headquarters on Plainview Road in January 2009. She has overseen all décor at CBCO for the last 22 years, including selections of paint color, wallpaper, flooring, counter tops, and Christmas decorations.

We appreciate Jerry's talent and skill; her gift for making our facilities more pleasant for donors, volunteers, and staff members; and her dedication to the mission of CBCO.



Jerry Quinn (left) and CBCO retiree David Caffey, former Senior Director of Building Operations.

Four convenient CBCO Donor Centers near you!

Springfield
Thomson Center - 220 W. Plainview
 (417) 227-5000 or 800-280-5337
 Monday through Friday - 7 am to 7 pm
 Saturday - 7 am to 1 pm
 Sunday - 9 am - 3 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

