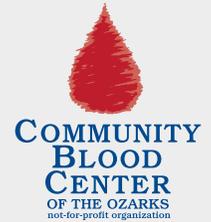




# universal donor DIGEST



Celebrating the lifesaving potential of type O-Negative blood donors and AB Plasma donors

August 2016

## "Welcome!" to our AB Plasma Donors



Proving that we practice what we preach, CBCO staff members Sarah Ford (back) and Whitney Russell (front) donate plasma as often as possible.

This is our first issue of the U-Donor Digest going out not only to our O-Negative donors, but to AB Plasma donors, as well. AB Plasma can be given to any patient, no matter their blood type, making AB Plasma donors Universal Donors.

AB Plasma donors are in high demand. Plasma is the liquid portion of the blood that carries clotting factors and proteins. Along with treating trauma patients, it is needed to treat burn victims and those battling severe liver disease and cancer.

Similar to O-Negative being the blood type of choice in trauma situations, AB Plasma is what emergency personnel choose when a trauma victim needs plasma and there is no time to determine the

patient's blood type. Those with the AB blood type may be candidates for donating plasma, platelets, or both at the same time, via an automated process called apheresis.

Thank you, AB Plasma donors, for your generous contributions to patients at 39 local hospitals!



## Donor Sees Value of Giving Blood On and Off Duty

As a surgical tech at Cox South, O-Negative blood donor Janet Nelson has a unique perspective.

"We use a lot of blood on trauma patients when they come in," she said. When seconds count and there is no time to determine the patient's blood type, O-Negative blood is used. "That's one reason I donate. I think, 'If I'm the patient, I'll need O Negative.'"

Janet donated blood for the first time when she was 17, and she recently hit the 11-gallon milestone. Her late mother, also a blood donor, instilled in Janet her view of the importance of giving blood.

Whether donating at CoxHealth blood drives or at CBCO's Thomson Donor Center in Springfield, Janet reminds herself to stay calm. "I don't even look when they stick me. Breathe and relax. Those are the only words of wisdom I can give people."

Janet asks other Universal Donors to consider donating or donating more often. "If they come in as a patient, they would want the blood there for them. It is almost like a civic duty. We need to have blood there for people."

Universal Donor Janet Nelson's work as a surgical tech puts her in the position to witness firsthand how vital it is to give O-Negative blood.



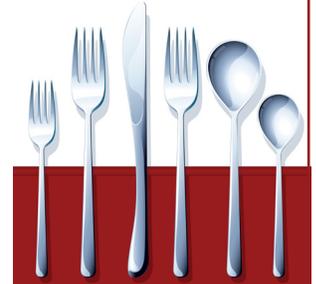
# We look forward to dining with you October 7

To show you how much we appreciate you, O-Negative donors who made at least 4 donations within CBCO's last fiscal year (July 1, 2015 – June 30, 2016) will be invited to a new event. We will hold our first Universal Donor Celebration Banquet Friday, October 7, 2016. Invitations will be mailed to those who qualify.

We will hear from a guest speaker whose life has been enhanced by Universal Donors.

A new fiscal year began at CBCO July 1, 2016, and runs through June 30, 2017. AB Plasma donors who give at least 6 times and O-Negative donors who give at least 4 times during the current fiscal year will be invited next time.

Keep track of your donations or schedule an appointment by logging in to the donor portal [HERE](#), or call 417-227-5006 for assistance.



## By The Numbers

**1** Blood type considered to be the universal blood type (O-)

**2** Blood types containing what is referred to as the universal plasma type (AB+ and AB-)

**6.6%** Americans have O- blood.

**3.4%** Americans have AB+ blood.

**.6%** Americans have AB- blood.

(Source: America's Blood Centers)

## Social Media Reminder

You already tell your friends about the great movie you saw, what's for dinner, or all about your weekend plans via social media, right? Then tell your friends that you're proud to be a Lifesaver, as well.

Click on these icons to go straight to our pages and follow us. You'll stay up-to-date on what's going on at CBCO, learn about our promotions, and see our newsletters as soon as they are published.

Plus you'll be the first to know when we have special needs, to help us avoid reaching critical levels. We'd love to see you share our posts to help spread the word.

See you online!

