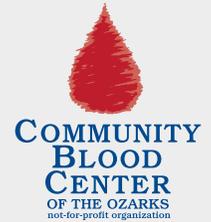




# universal donor DIGEST



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

Winter 2017 - 2018

## If your blood type is AB, you can save even more lives by donating plasma

As a person with AB Positive or AB Negative blood, you already know that donating blood is an honorable thing. You're giving up part of your day knowing a stranger out there needs your blood type to get through their medical crisis. What if there was an even bigger way for you to help more people, more often? There is. It's by donating plasma.

AB Plasma is the universal plasma, meaning that it can be given to anyone, no matter their blood type. This is similar to the fact that O Negative is the universal blood type, able to be transfused to patients with any blood type. Both "universals" are the first thing physicians reach for when there is an emergency. Often there aren't enough minutes to spare to determine a patient's blood type. That's why regular donations of O Negative whole blood and AB Plasma are vital.

AB donors represent only 4% of the population, which means the supply of AB Plasma must constantly be replenished to meet the needs of the 40 hospitals that CBCO serves.



Plasma is collected using the apheresis process, in which plasma is removed from the donor's blood and then the red blood cells are returned to the donor.

### What is plasma?

Approximately 55% of your blood is made up of plasma. Plasma carries the solid cells and platelets to all parts of the body. It contains clotting factors and special proteins such as albumin and immuno-globulins, which are antibodies that fight infection and cancer.

### Who needs AB Plasma?

Plasma is used to treat critical trauma patients, clotting disorders, burn and shock victims, and those undergoing surgery or therapy. Fresh frozen plasma can be kept for a year, but once thawed it must be used within five days.

### Why not just give whole blood?

Each unit of whole blood donated must be separated into its three main components -- red blood cells, platelets, and plasma. The automated apheresis process used when donating and is more efficient. In fact, in a single apheresis donation you can help three or four patients. Plus you're able to donate more often, which means you'll get more of CBCO's LifePoints rewards even faster. Plasma donors are eligible to donate again in 28 days, and may donate up to 13 times each year. You'll also be invited to our annual U-Donor Banquet if you make at least six donations during the fiscal year (July 1, 2017 – June 30, 2018).



### We need you!

We would love for you to consider becoming an AB Plasma donor. It's safe, easy, and makes a lifesaving difference for patients. *Continued on Page 2*

Continued from Page 1 "The plasma donation process takes approximately 40 minutes," said Sherri Boston, CBCO's Manager of Apheresis. "Like with everything else, there is registration and taking the donor's health history. Most of the time, we can get them in and out in less than an hour."

Plasma donations are collected using the apheresis process. Blood is collected by a machine that separates the plasma, red cells, and platelets. The red cells and platelets are returned to the donor. Platelet donations are sometimes collected simultaneously with a plasma donation. With each donation, up to four usable doses of plasma may be given, depending on a number of factors.

To learn more or schedule your appointment to donate plasma, call (417) 227-5006 or log on to your account through our donor portal by clicking [HERE](#).

## U-Donor Banquet Recap

Our second annual U-Donor banquet was held Friday, October 6, 2017, at Bass Pro Shops' White River Room in Springfield, MO. The event was a little different than the first year, when O-Negative donors were invited and the dinner was held at a smaller venue. This time, we also invited AB Plasma donors and had a larger location. Since we plan to continue honoring both O-Negative and AB Plasma donors, we will keep a larger venue to make sure everyone has a more enjoyable evening. Check out our Facebook photo album (and be sure to tag yourself) by clicking [HERE](#).



To be invited to the banquet, O-Negative blood types must make at least four donations during CBCO's fiscal year, and AB Plasma donors must give at least six times during CBCO's fiscal year. (NOTE: CBCO's fiscal year runs from July 1, 2017 – June 30, 2018.)

Check your progress throughout the year to make sure you're on target to receive an invitation for yourself and one guest. Just log on to your account on our donor portal by clicking [HERE](#). Or you may call (417) 227-5006 for assistance.

We look forward to having another great U-Donor Banquet in 2018!

## Coming soon!

Beginning February 19, blood donation will get a little easier. CBCO is launching a new computer system and donors will experience improved steps for blood donation.

In addition, donors will have the option to answer our required questionnaire on their own computer, smartphone, or tablet prior to arrival at the blood drive using our new QuickPass.



Watch for details in the January 2018 issue of our Circulator newsletter!

## Please follow us on social media!

