

Be part of an esteemed  
group recognized for  
their gift and thanked for  
their selflessness.

**Donate Blood**

### LifeServe Blood Center

The Blood Center of Iowa joined operations with Siouxland Community Blood Bank in April, 2010 to become LifeServe Blood Center. As one of the 15<sup>th</sup> largest blood centers in the country, LifeServe Blood Center provides blood and blood products to more than 85 hospitals located across Iowa, Nebraska and South Dakota. LifeServe is committed to providing premier service to volunteer blood donors and access to a safe, quality blood supply for hospitals and patients.

## Partners in Saving Lives



It's Achievement.

It's Service.

It's Community.

**It's being a Blood Donor.**

#### Contact Us

800.287.4903

[www.lifeservebloodcenter.org](http://www.lifeservebloodcenter.org)



### Why are blood donors so important?

Blood donors save lives! Each year, thousands of Iowa, Nebraska and South Dakota residents give selflessly of themselves by making a blood donation. Through this simple act, donors create the vital link between life-giving blood and the hospital patient who needs it. In fact, more than 3,000 units of blood are needed each week to maintain an adequate blood supply in our community and to meet the rising transfusion demands. There is no substitute for blood only humans can provide blood for other humans.



**Paul Menzel**  
89 Gallon Donor

**DONOR**

### Why should I give blood?

Every two seconds, someone, somewhere needs blood. In fact, nine out of ten people who live to age 70 will use blood during their lifetime, yet only four percent of the eligible population actually gives blood. Most donors give blood for the satisfaction they receive knowing they're helping to save someone's life, but donors can also receive very tangible benefits when they give blood. Prior to every blood donation, donors receive a mini-physical screening that includes a blood pressure reading, pulse and temperature check and hemoglobin screen. These vital signs not only help determine donor eligibility, but may also alert the donor to hidden health problems.



**Lindsay Zamzow**  
Transplant Survivor

**RECIPIENT**



**Chandra & Addison Eckels**  
Blood Recipient

**RECIPIENT**



### How do I donate?

Whether you are at a mobile blood drive or a LifeServe Blood Center donor center, the process of donating is simple! After registering with a Customer Service Representative, you will be asked to read educational materials that explain the blood donation process and eligibility requirements. Next, you will complete

a series of health and lifestyle related questions and you will receive a mini-physical. Finally, you will be escorted to the donation area where you will donate blood. The average body contains 10-12 pints of blood and your body will immediately replace the blood that was given! In fact, whole blood donors can give as often as every eight weeks!

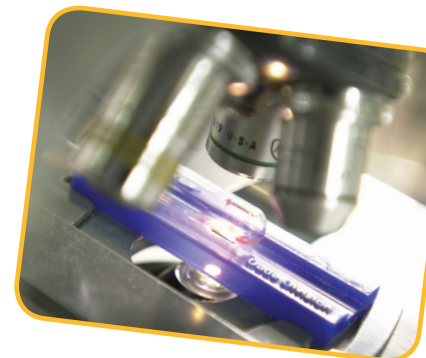
### Can I get HIV/AIDS or any other disease from donating blood?

Absolutely not! All materials used in the blood donation process, including bags and needles, are new, sterile and designed for one use only. There is no danger of contracting HIV/AIDS or any other disease from giving blood.



### What happens to my blood after I donate?

The first stop your blood makes after you donate is LifeServe Blood Center's state-of-the-art laboratory. LifeServe Blood Center focuses heavily on the safety and quality of the blood supply. Every unit of blood collected is subject to 14 different tests before it is given to any patient. All test results are confidential. After testing, blood is separated into various component parts - red cells, plasma and platelets. Each component has a specific use so one single blood donation can help up to three different hospital patients!



### Who can give blood?

It's easy to be a blood donor! You may be eligible to donate if:

- You are 16 years of age or older (**16/17 year-olds must have a signed Parental/Guardian Permission Form**).
- You weigh at least 120 pounds
- You have not donated whole blood for eight weeks
- Your blood pressure, pulse, temperature & hemoglobin meet LifeServe Blood Center guidelines
- You are not pregnant
- You do not have a cold
- You are not under a doctor's care for any serious injury or illness.
- You are not taking antibiotics