

# Did you know?

Red blood cells are disc-shaped cells containing hemoglobin that enable the cells to pick up and deliver oxygen to all parts of the body.

From the ER to the OR, red blood cells often mean the difference between life and death for patients requiring blood transfusions—the most frequent hospital procedure.

Every two seconds, someone needs blood—and it doesn't last forever. Donated red blood cells expire after 42 days and supplies must always be replenished.

Accident victims or others suffering massive blood loss can require 50 units or more of red blood cells.

Step up and schedule an appointment—donating double reds makes it even easier to do the right thing!



After a traumatic auto accident, surgery repaired Andy's injuries but donated blood saved his life.

▶ Visit [MBC.ORG](http://MBC.ORG) for the full story

## Make a date to save a life today

Call or go online to schedule your next double red donation at a community blood drive near you or at one of the following donor centers:

**Bloomington**  
500 W. 98th St. (Premier Bank Bldg, 2nd Fl.)

**Coon Rapids**  
3200 Main St. Ste. 120 (Wells Fargo Bldg.)

**Duluth**  
5115 Burning Tree Rd. (Burning Tree Plaza)

**Eden Prairie**  
12200 Middleset Rd. (W. of Eden Prairie Ctr.)

**Plymouth**  
3021 Harbor Ln. N. (near Davanni's)

**St. Paul**  
737 Pelham Blvd. (Hwy. 280 & I-94)

**Woodbury**  
1625 Radio Dr. (City Centre)

Join in Memorial Blood Centers' mission to save lives through blood donation—as a donor, volunteer, financial contributor, or blood drive sponsor. Visit [MBC.ORG](http://MBC.ORG) or call 1-888-GIVE-BLD (888-448-3253).

## Stay in touch



Get the latest news and updates on events, promotions, and life-saving stories. Plus, help spread the word about saving lives through blood donation.



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## Double Red Cell Donations

# Double your donation, double the lives saved



### Jon and Rachel Horoshak



Despite a condition that threatened their lives in utero, the Horoshak twins are healthy teenagers today because life-saving blood was there when it was needed most.

View their full story at [MBC.ORG](http://MBC.ORG).

# Frequently asked questions

## Why is it important to donate double red cells?

Of all the components that can be derived from a whole blood donation (red cells, plasma, platelets), red cells are most in demand. Approximately 16 million units are transfused every year in the U.S. and the need is growing faster than donations.

While the average red blood cell transfusion is approximately 3 units, many premature infants require up to 4 transfusions to survive and a typical liver transplant recipient requires 40 units or more.

As a double red cell donor you make it possible for us to help more patients currently in need and support our efforts to increase the supply so that we can meet the demand for red blood cells in the future as well.

## How does it work?

A special automated process, called apheresis, uses a cell separator to collect two units of red blood cells during a single donation. With just three annual appointments, you can contribute the same number of life-saving red cells as you would from six whole blood donations—in half the visits!



## How long does the process take?

A double red cell donation takes just 15 to 20 minutes longer than a typical whole blood donation, and is equally safe. In a single appointment of about 60 minutes, you can give more and save more lives.

## Are there special eligibility requirements?

Donors who meet Memorial Blood Centers' general age and health requirements are encouraged to consider making a double red donation. Your hemoglobin is tested at your donation appointment to ensure that an acceptable measure of iron is present (at least 13.3 g/dL). And as with all blood donations, results from the standard mini-physical and confidential interview are used to determine eligibility.

In addition, there are height and weight requirements specific to double red cell donors. Established by the Food and Drug Administration (FDA) that regulates blood collection throughout the U.S., these include:

Gender	Minimum Weight	Minimum Height
Males	130 lbs	5'1"
Females	150 lbs	5'5"

## Why are donor requirements different for women and men?

Total blood volumes are different between males and females—even for those individuals equal in height. As a result, the FDA has established specific requirements for each gender.

## How often can I donate double red blood cells?

You can make a double red cell donation every 112 days (every 16 weeks).

## Double red donors come in many types

Blood is needed every day, for emergencies as well as ongoing, life-sustaining care needs of patients battling such chronic diseases as cancer and sickle cell. People with types O (+/-), B- and A- are strongly urged to make an appointment today or call for more information.

As a general guide, 45% of the U.S. population has type O (+/-) blood.

Only 11% of the population has type B (+/-) and A- blood donors are among the rarest (6%).



"I knew it was my mission in life to give back, especially because I know how rare B- blood is." -Lisa, blood recipient and generous donor

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