

Healthy Living

Save a life on the holiday weekend— donate blood at Monday clinic

As Canadians prepare to celebrate the Victoria Day long weekend, many patients will be fighting to celebrate life itself. They'll urgently need blood.

Canadian Blood Services is encouraging local residents to call 1-888-2-DONATE to make an appointment to donate blood and platelets on Victoria Day (Monday, May 23), noon to 4 p.m.

at Salvation Army Community Church, 271 Mountainview Rd. S.

Holidays and long weekends are always a difficult time for the blood system. While blood and platelet donations traditionally decrease because people are away on holidays or busy with family activities, the demand for blood usually increases due in part to an increase in trauma cases such as car accidents.

"Along with trauma patients, we also need to maintain our blood supplies for our other critically ill patients, cancer patients, and patients who require blood transfusions on a regular basis," says Renee Naiman, Regional Director, Central Ontario. "Patients who need emergency surgery or ongoing medical treatments during the weekend and the following months will be very

thankful for your donation."

With a shelf life of only five days, having enough platelets during a long weekend period is always a challenge. Platelets are used in the process of coagulation or clotting of blood. A single platelet treatment for a cancer patient or child with leukemia requires six to eight units. Platelets are also used to treat people who have suffered

injuries resulting from traumas. They are one of the four components (red blood cells, plasma, white blood cells and platelets) that make up blood.

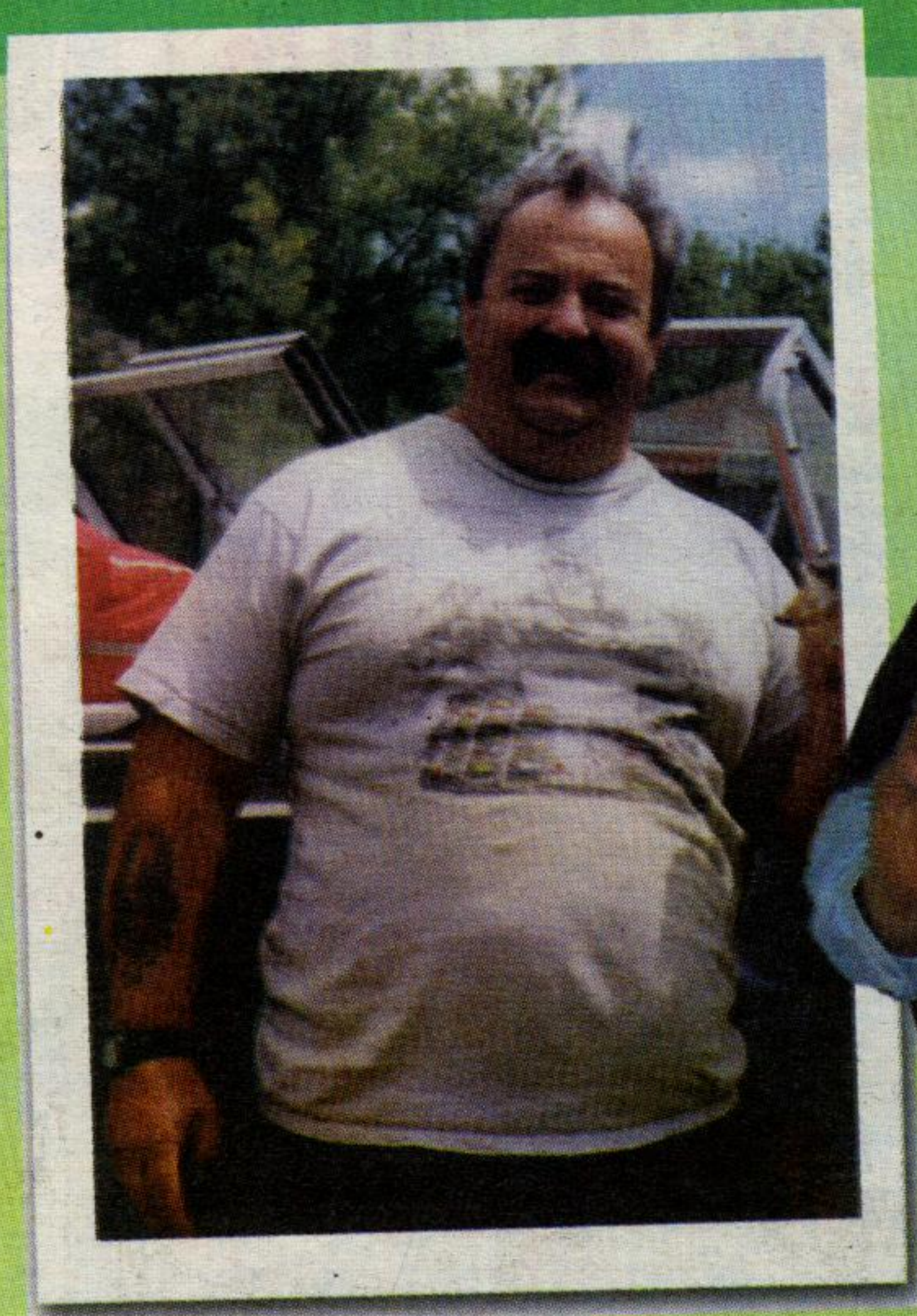
Canadian Blood Services is a national, not-for-profit charitable organization that manages the blood supply in all provinces and territories outside of Quebec and oversees the country's Unrelated Bone Marrow Donor Registry.

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