

Transform a life, and your own



Blood Facts

How much do you know about blood? Here are some interesting facts that may help the next time you're at trivia night. But the most important fact is this: blood donation transforms lives of those who give and those who receive!

There is no substitute for blood. It is essential for life. It carries oxygen and nutrients throughout the body, fights infections and helps heal wounds. Blood donors are amazing. When you roll up your sleeve to donate, you make an immeasurable difference. Thank you!

Quick Blood Facts

- Blood makes up about 7 percent of your body's weight
- There are 10 to 12 pints of blood in the body of an average adult
- One in 7 people entering a hospital will need blood
- Every two seconds someone in the U.S. needs blood
- Blood travels through 60,000 miles of vessels inside you, enough to wrap around the earth's equator roughly 2.5 times
- Your body makes 180 million red blood cells per hour
- Red blood cells live about 120 days in the circulatory system
- Red blood cells carry oxygen throughout the body and must be transfused into a patient within 42 days
- Platelets promote blood clotting and must be used within five days
- Plasma is 92 percent water, carries nutrients throughout the body and can be frozen up to one year
- Blood or plasma that comes from people who have been paid for it is not used for human transfusion. Instead, it's made into pharmaceutical products

Emily

Emily is grateful for every precious moment spent with daughter Lucy. After Lucy's birth, Emily started bleeding uncontrollably. She recovered after receiving more than 30 transfusions of red blood cells and platelets. She even met her newborn for the first time while receiving a blood transfusion in the ICU.

"If you haven't given blood before, I hope you think about what it means to people like me," Emily said. "It's one of the easiest, most generous and life-changing things you can do."

For more information or to schedule a donation, call **877-258-4825** or visit us at vitalant.org
Find us @vitalant:   

vitalant  SM