

# ***Blood Facts***

1. Blood makes up about 7% of your body's weight.
2. An adult of average weight has about 10 to 12 units of blood.
3. A newborn baby has approximately one cup of blood in his/her body.
4. Sixty percent of the population is eligible to donate blood, however, only five percent do.
5. Blood fights against infection and helps heal wounds, keeping you healthy.
6. There are four main blood types: A, B, AB and O.
7. More than 10 tests, nine of which are for infectious diseases, are performed on each unit of donated blood.
8. Just one unit of donated blood can help save the lives of several people.
9. One unit of blood can be separated into several components (red blood cells, white blood cells, plasma, platelets and cryoprecipitate).
10. Red blood cells carry oxygen to the body's organs and tissues.
11. Platelets help blood to clot and give those with leukemia and other cancers a chance to live.
12. There are about one billion red blood cells in two to three drops of blood.
13. Red blood cells, white blood cells, and platelets are made in the body's bone marrow.
14. Red blood cells live about 120 days in the circulatory system.
15. Donated red blood cells must be used within 42 days.
16. Donated platelets must be used within five days.
17. Plasma can be frozen and used for up to one year.
18. Healthy bone marrow makes a constant supply of red blood cells, plasma, and platelets.
19. Some anemic patients require blood transfusions to increase their iron levels.
20. People who have been in car accidents and have suffered massive blood loss may require transfusions of 50 units or more of red blood cells
21. Plasma is a pale yellow mixture of water, proteins, and salts.

**Help  
save  
lives**



22. Plasma, which is 90 percent water, constitutes 55 percent of blood volume.
23. Plasma helps maintain blood pressure, carries blood cells, nutrients, enzymes, and hormones, and supplies critical proteins for blood clotting and immunity
24. Platelets are small blood cells that help control bleeding.
25. Cancer, transplant, trauma, and open-heart surgery patients require platelet transfusions to survive.
26. White blood cells are the body's primary defense against infection.
27. There is no substitute for human blood.
28. Much of today's medical care depends on a steady supply of blood from healthy donors.
29. Volunteers provide nearly all of the nation's blood supply for transfusion.
30. Shortages of all types of blood often occur during the summer and winter holidays.
31. If all blood donors gave at least twice a year, it would greatly strengthen the nation's blood supply.
32. Anyone who is in good health is at least 17 years old, and weighs at least 50 Kgs may donate blood every 90 days.
33. Blood donation takes four steps: medical history, quick physical, donation, and snacks.
34. The actual blood collection takes approximately 5-10 minutes. The entire process, from when you sign in to the time you leaves, takes about 45 minutes to one hour.
35. Giving blood will not decrease your strength.
36. Aphaeresis is a special kind of blood donation that allows a donor to give specific blood components, such as Platelets.
37. You cannot get AIDS or any other blood disease by donating blood.
38. A heart surgery uses an average of six units of red blood cells and six units of platelets.
39. The average liver transplant patient needs 40 units of red blood cells, 30 units of platelets, 20 bags of cryoprecipitate, and 25 units of fresh frozen plasma.
40. The average bone marrow transplant requires 120 units of platelets and about 20 units of red blood cells.
41. Severe burn victims can need 20 units of platelets during their treatment.
42. Children being treated for cancer, premature infants, and children having heart surgery need blood and Platelets from donors of all types.
43. If you began donating blood at age 17 and donated every 56 days until you reached 76, you would have donated 48 gallons of blood.
44. One out of every 10 people entering a hospital needs blood.
45. The average red blood cell transfusion is 3.4 units.
46. Females receive 53% of blood transfused; males receive 47%

