

## How More Are Helped

a **cancer patient** needs up to 8 platelet transfusions per week

a **liver transplant recipient** needs up to 20 units of red blood cells, 25 units of plasma and 1 platelet transfusion

a **heart surgery patient** needs up to 6 units of red blood cells and 1 platelet transfusion

a **marrow transplant recipient** needs up to 20 units of red blood cells and 25 platelet transfusions

a **trauma victim** may need up to 50 units of red blood cells

a **sickle cell anemia patient** needs 2 to 10 units of red blood cells per treatment

## Touch More Lives Today

Whether by apheresis or whole blood donation, donating blood on a regular basis is the most important thing you can do to help save the lives of others in our community.



Talk with a Blood Bank representative today to learn more about how you can make the best donation for your blood type.

You can make a difference.

Give hope – give life – give blood.



**Blood Bank**  
of San Bernardino  
and Riverside Counties

Serving your community since 1951

### Donor Centers

#### SAN BERNARDINO

384 West Orange Show Road  
San Bernardino, CA 92408  
909.885.6503

#### RIVERSIDE

4006 Van Buren Boulevard  
Riverside, CA 92503  
951.687.2530

#### ONTARIO

1959 East Fourth Street  
Ontario, CA 91764  
909.987.3158

#### HIGH DESERT

11941 Hesperia Road  
Hesperia, CA 92345  
760.949.6344

#### UPLAND

Community Blood Donor Center  
1148 San Bernardino Road, Suite 203  
Upland, CA 91786  
909.920.0625

#### BLOOD DRIVES

Blood drives are always available  
in your community

1.800.879.4484

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



**Giving.**  
**It's in your blood.**

And your gift  
touches more lives  
when you  
donate by blood type.



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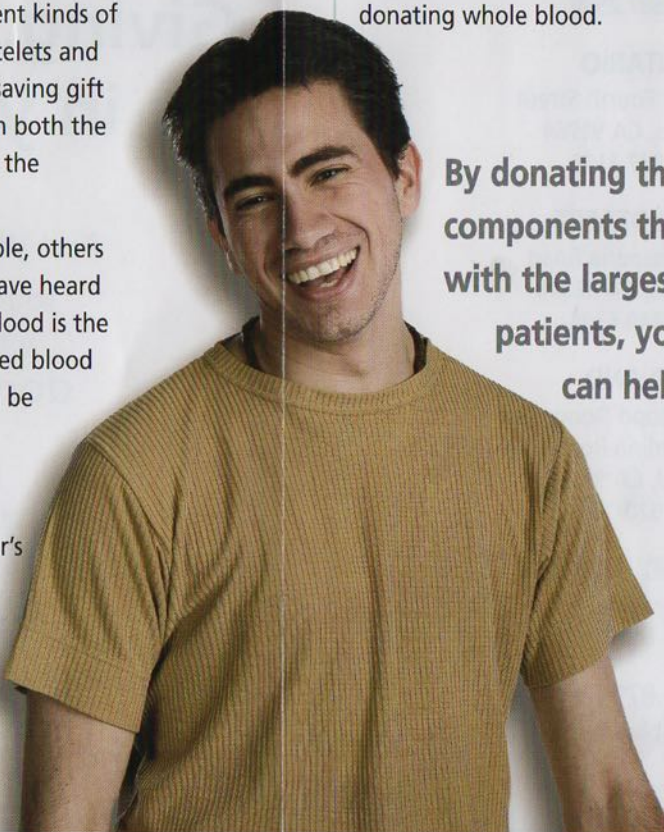


## What's the Best Donation for Your Blood Type?

Every day patients of all blood types receive transfusions. But blood types are needed in different amounts for the different kinds of transfusions (red blood cells, platelets and plasma). Matching a donor's lifesaving gift with a patient's need depends on both the type of transfusion required and the patient's blood type.

Some blood groups are compatible, others are not. For example, you may have heard that someone with O negative blood is the "universal donor." Yet only the red blood cells from O negative donors can be safely given to all patients.

O negative plasma is compatible for just about half of patients. Conversely, an AB negative donor's red blood cells are compatible with a rare few (about 5 percent of patients), but his/her plasma and platelets are compatible with ALL patients.



## Help Save More Lives

When you donate whole blood (the most common type of donation), it is made into a red blood cell transfusion unit. It may or may not also be made into plasma for transfusion. When you opt to donate through automated collection, also known as apheresis (pronounced ā-fur-ē-sis), you can donate just the most compatible blood components (red blood cells, platelets or plasma).

During an apheresis donation, whole blood passes through a sterile cell separator where needed components (red blood cells, platelets or plasma) are donated and the rest of your blood is returned to you. The donation process takes about 45 minutes longer than donating whole blood.

**By donating the blood components that are compatible with the largest number of patients, your one donation can help save more lives.**



## Best Donation for Your Type

The best donation you can give is one that can be used by the most patients. Donating based on your blood type will match your precious gift with the greatest number of people.

If your blood type is...	O pos	O neg	AB pos	AB neg
% of patients who can receive your red blood cells	84%	100%	4%	5%
% of patients who can receive your plasma <sup>1</sup>	50%	50%	100%	100%
% of patients who can receive your platelets <sup>2</sup>	48%	50%	97%	100%

If your blood type is...	A pos	A neg	B pos	B neg
% of patients who can receive your red blood cells	34%	40%	12%	15%
% of patients who can receive your plasma <sup>1</sup>	85%	85%	60%	60%
% of patients who can receive your platelets <sup>2</sup>	83%	85%	58%	60%

<sup>1</sup> Assuming no Rh matching.

<sup>2</sup> Under routine conditions, using plasma-compatible platelets interchangeably and providing Rh negative platelets for Rh negative children and women of childbearing age, estimated to represent 3 percent of recipients.

## So what's the best donation for your blood type?

Blood Type	Donation
Group O	Red Blood Cells or Whole Blood
Group AB	Plasma
Group A or B, positive	Platelets and Plasma
Group A or B, negative	Platelets, Red Blood Cells or Whole Blood