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# NEWSLETTER



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<https://ufcwempatl.hmchealthworksco.com>

## National Blood Donor Month

Did you know...every two seconds someone in the United States needs blood? That adds up to 36,000 units of red blood cells, 10,000 units of plasma and 7,000 units of platelets per day.

### FACTS ABOUT BLOOD

- There are four types of products from blood:
  1. Red Cells
  2. Platelets
  3. Plasma
  4. Cryoprecipitate
- A single donation can help more than one patient.
- Healthy bone marrow replenishes the elements given during a blood donation – some in a matter of hours and others in a matter of weeks.
- All donated blood is tested for HIV, hepatitis B and C, syphilis and other infectious diseases before it can be released to a hospital.



## SUCCESS STORY

### MEMBER

56-Year Old Male  
Hyperlipidemia

### GOAL

To lower both cholesterol and glucose levels.

### OUTCOMES

Following a heart healthy diet the member reduced his total cholesterol from 239 to 201. He is now off his cholesterol medication and his glucose levels also dropped from 109 to 101.

### IN HIS OWN WORDS

“I used to be exhausted when I got home from work, but now I have so much more energy. I can come home and play with my daughter and even go walking too!”



### BLOOD DONATION PROCESS

Blood donation is a simple four-step process that includes: registration, medical history and mini physical, donation and refreshments. The entire process usually takes just over an hour, but the actual blood donation takes 10-12 minutes.

Your mini physical includes checking temperature, blood pressure, pulse and hemoglobin. A healthy donor can donate red blood cells every 56 days and platelets every 7 days (but a maximum of 24 times per year).

### WHAT HAPPENS TO DONATED BLOOD?

**Donation** - Bag, test tubes and donor record are labeled with identical bar codes. Blood is stored in iced coolers until transport.

**Processing** - Blood is scanned into a database and test tubes are sent for testing.

**Testing** - A dozen tests are completed on blood to determine blood type and test for infectious disease.

**Storage** - If blood is transfusable, they are labeled and stored in refrigerators or freezers.



## APPLE BRIE SALAD

<https://www.lemontreedwelling.com/2016/01/apple-brie-salad.html>

### Ingredients - 4 Servings

- 8 oz. mixed greens
- 4 oz. brie cheese cut in 1 inch pieces
- 1 large apple cut in 1 inch pieces
- 1/2 cup pecans
- 1/2 cup dried cranberries
- 4 green onions chopped

### Dressing:

- 1/3 cup olive oil
- 1/3 cup apple cider vinegar
- 1 Tbsp. apple cider
- 1-1/2 Tbsp. honey
- 1/4 tsp. pepper
- 1/4 tsp. ginger

### Directions:

1. Prepare salad by layering ingredients in a large salad bowl.
2. Prepare dressing by combining all ingredients and shaking vigorously.
3. Drizzle dressing over salad.



# HEALTH MYTH BUSTERS

1

### If I donate blood, I won't have enough.

Only 8-12% of your blood volume is taken during donation. It only takes about 3 days for your body to replenish your lost blood volume.

2

### Donating blood hurts.

It is just a small prick in your arm. If you are worried, the nurse can apply a local anesthetic to numb the area first, to ensure you don't feel anything.

3

### I cannot give blood because I have tattoos.

In most states, you can give blood right after getting a tattoo as long as the tattoo was applied by a state-regulated entity using sterile needles and ink.

4

### I need to go on a special diet to donate.

You don't have to go on a special diet, but you need to have a balanced diet. You need to have enough iron in your blood to donate blood.

## COACH'S CORNER

The New Year often comes with making resolutions, which are often hard to keep. I have found these tips do help in keeping my resolutions. See if they can work for you too!

1. Tell friends and family about your goals
2. Get a friend involved
3. Write everything down (your goals, progress and how you are feeling)
4. PLAN! Planning ahead will help you stay on track and make your goals.
5. Reward yourself for "good behavior" with things that make you relax.

**Good Luck and Happy New Year!**

