

Aultman Blood Center Donor Eligibility

If you're interested in giving blood at the Aultman Blood Center, you must meet the following criteria:

- Show ID such as a driver's license, passport, birth certificate or blood donor card.
- Be between the ages of 17-74.
 - 16-year-olds: donate with parental consent at one of our donor room locations.
 - Age 75 and older: donate in a donor room location.
- Weigh at least 110 pounds.
- Feel well and be in good health - with a normal temperature, blood pressure, pulse and hemoglobin (iron) level.

You may not be able to donate blood based on low iron, certain medications or health conditions and other social/environmental factors. An Aultman Blood Center professional will review the donation criteria with you confidentially.

AULTMAN BLOOD CENTER LOCATIONS

AULTMAN HOSPITAL	HOURS
2600 Sixth St. S.W. Canton, Ohio 44710 330-363-6343	Monday, Wednesday, Friday: 7:30 a.m. - 7 p.m. Tuesday, Thursday: 7:30 a.m. - 3 p.m. Saturday: 8 a.m. - noon

AULTMAN WEST	HOURS
2021 Wales Ave. Massillon, Ohio 44646 330-834-4190	Monday - Friday: 8:30 a.m. - 6 p.m.

UNION HOSPITAL	HOURS
659 Boulevard Dover, Ohio 44622 330-343-3311, ext. 2294	Tuesday - Thursday: 9 a.m. - 6 p.m. Friday: 9 a.m. - 4 p.m.

Check out the event calendar at www.aultman.org for community blood drive locations.

Aultman North Opens Anticoagulation Clinic

Patients on blood-thinning medications such as Coumadin® or Jantoven® need regular blood tests to avoid dangerous highs and lows. Based on feedback and requests from area physicians, Aultman North now offers an anticoagulation clinic. The primary goals of the clinic are to provide education and prevent patient hospitalizations related to adverse effects from blood-thinning therapy.

"Medical conditions such as atrial fibrillation put you at high risk for forming clots, whereas strokes and deep vein thrombosis cause complications as a result of clot formation," said Cindy Henry, RN, associate vice president of clinical outpatient services at Aultman. "Coumadin works as an anticoagulant or blood thinner to prevent clots from forming in your blood."

The International Normalization Ratio (INR) is the standard to measure how long it takes blood to clot. Patients on Coumadin therapy need ongoing blood tests to measure their INR and have their dosage adjusted accordingly. "It's a balancing act for patients on blood-thinning medication," Henry shared. "If your INR is too low, clotting may occur. If your INR is too high, bleeding may occur."

At the Aultman North Anticoagulation Clinic, patients are evaluated by a registered nurse and advanced practice nurse. A nurse administers the finger-stick blood test, and the patient's Coumadin dosage is adjusted immediately based on the INR results. Patients may require weekly or monthly finger-stick blood tests, depending on their individual needs and medical conditions.

In addition to INR testing, the Aultman North Anticoagulation Clinic nurses provide valuable patient education. "We teach patients that alcohol intake, diet, illness and medication changes may affect their INR - along with how to identify symptoms associated with the INR being too high or too low," Henry said. "We review side effects of Coumadin therapy, symptoms of blood clots and the importance of wearing medical alert identification while on blood-thinning medication."

A physician referral is required for patients to use the Aultman North Anticoagulation Clinic for Coumadin therapy management. Clinic hours are Monday-Friday, 8 a.m.-4:30 p.m. Call the clinic at 330-244-8118 for more information.



Anticoagulation Clinic nurses Latoya Dickens (center) and Peggy Stone care for patients on blood-thinning medications.

EXTEND YOUR ARM, EXTEND A LIFE WITH THE AULTMAN BLOOD CENTER



Phlebotomist Sina Graham (right) provides a positive donor experience for Kitty Goodright, RN, at a recent Aultman employee blood drive.

From accident victims to cancer patients to premature babies, millions of Americans need blood transfusions each year

For patients in Stark and surrounding counties, the Aultman Blood Center provides a safe and local blood supply.

The Aultman Blood Center, established in 1997, is a not-for-profit program registered with the U.S. Food and Drug Administration. "Each year, the Aultman Blood Center collects and processes more than 16,000 units of blood," said Sherry Augustine, director of the Aultman Blood Center. "A single pint of blood can save up to three people's lives, so it's truly a life-changing gift that doesn't cost a penny to give."

Whole blood is comprised of three main components: red blood cells, platelets and plasma. Red blood cells carry oxygen from the lungs to the body and return carbon dioxide from the body to the lungs. Platelets help repair injured blood vessels and help the body clot blood. Plasma helps the body maintain normal blood-clotting processes and prevent blood loss.

Blood donations are usually separated into components. "A patient rarely receives a whole blood transfusion," Augustine said. "A single component or combination is most often given, based on each patient's specific needs."

In addition to collecting whole units of blood, the Aultman Blood Center offers an automated donation process called "apheresis." This process allows blood to be drawn and separated, so a specific blood component can be collected. "Platelets are the most common component drawn through apheresis," Augustine explained. "We harvest the platelets and return

almost all of the red cells and plasma to the donor through the same needle."

Donors may give whole blood every 56 days. However, platelets may be donated more often because the human body replaces platelets rapidly. Platelet donors are encouraged to give every two weeks because platelets are only viable for five days following donation.

A COMMUNITY AFFAIR

The Aultman Blood Center is a partnership among Aultman Health Foundation, Union Hospital in Dover, Dunlap Community Hospital in Orrville and Pomerene Hospital in Millersburg. Donor rooms are located within Aultman Hospital, Aultman West and Union Hospital. The Aultman Blood Center operates a bloodmobile for community drives held at schools, churches and other locations.

In addition to helping the community by providing reliable blood products, the Aultman Blood Center offers programs to support schools, churches and civic groups. For a blood drive held at a local high school, the Aultman Blood Center provides a \$500 scholarship to help a graduating senior attend college. In 2010, the center provided college scholarships totaling \$19,500 for deserving high school seniors for organizing and participating in blood drives at their schools.

"We also have a program called 'Coaches/Communities That Care' through which organizations raise funds," Augustine offered. "Depending on the number of good donations collected during an

TIPS TO ENSURE A GOOD BLOOD DONATION

- Get ample sleep the night before you donate.
- Eat a healthy breakfast or lunch, avoiding fatty foods.
- Drink extra water and caffeine-free fluids.
- Eat iron-rich foods including green, leafy vegetables; lean meat, and dried fruits such as raisins.

organization's blood drive, we'll donate to the group's vendor of choice to help with the purchase of equipment or supplies."

In November 2010, the Aultman Blood Center held its annual "Wonderful Week of Giving" event. The center donated \$10 to the Stark County Hunger Task Force for every good blood unit collected, resulting in a \$4,310 contribution. Through the "Double Donation Days" campaign held in March 2011, the Aultman Blood Center donated \$2,140 to the Harvest for Hunger campaign based on the number of good blood donations received.

"If you haven't donated blood in a long time or never tried, we encourage you to stop by an Aultman Blood Center donor room or community blood drive," Augustine suggested. "Donating blood is a safe, fast and simple way to make a difference in our community."

Saving Lives and Making Friends

Louisville resident Bob Stoller, a 38-year First Energy employee, keeps busy during retirement. He likes to travel with his wife Nancy, ride motorcycles, play with his grandkids ... and donate platelets through the Aultman Blood Center.

Stoller began donating blood in 1977. "It was a low-key way to help people behind the scenes," he said. "After donating whole blood for 20 years, I switched to donating platelets."

Through an automated process called apheresis, blood components such as red cells or platelets are extracted. "The machine spins the blood to separate it because the blood components have different weights," explained Ruth Bazzoli, RN, Aultman Blood Center apheresis coordinator. "We collect the most needed blood components and return the remaining blood through the same needle used for collection."

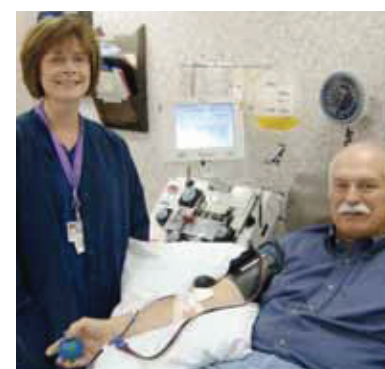
As with whole blood donation, the apheresis process is sanitary and safe. "The system features a sterile, disposable, one-time-use kit,"

Bazzoli said. "It includes a needle, tubing and collection kit that goes within the apheresis machine."

Unlike whole blood donations that can be given every 56 days, platelet donors may give twice a month. Stoller makes his donation time count, as he often gives a double dose of platelets. "Bob has a high platelet count and good veins, so he often gives a double donation," Bazzoli shared. "Not too many people can do that. It's a very valuable donation."

Stoller has donated more than 33 gallons of blood and blood products at the Aultman Blood Center. He encourages people who are hesitant about blood donation to give it a try. "It's an easy process that doesn't take a lot of time," he offered. "It gives you a good feeling to know you're helping a lot of people."

After decades of donating, Stoller has gotten to know the Aultman Blood Center staff on a personal level. "Donors like Bob and I have been together a long time," Bazzoli said. "Over the years, we've talked about our kids growing up. And



Apheresis Coordinator Ruth Bazzoli helps Bob Stoller give the lifesaving gift of blood platelets.

now we share stories about our grandkids!"

In addition to making friends with the Blood Center staff, Stoller has formed bonds with other frequent donors. "I'm in competition with another donor," he said, "to see if we can get to our maximum of 24 platelet donations a year."

TO LEARN MORE ABOUT WHOLE BLOOD OR APHERESIS DONATION, CALL THE AULTMAN BLOOD CENTER AT 330-363-6343.

AULTMAN: A CENTER OF EXCELLENCE FOR...



LAB AND BLOOD SERVICES