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Better Health

A Weekly Update
for Asante Employees

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every day, every time.

ASANTE® News

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Blood Drive Comes to Smullin Center

If a cookie and a cup of orange juice sounds like a good trade for a pint of blood, here's a date for your calendar: Tuesday, May 26. That's when the American Red Cross will set up at Asante Rogue Regional in the Smullin Health Education Center's Studio 108 for an 11 a.m. to 4 p.m. blood drive.



Those who wish to donate blood should schedule an appointment by phoning the Red Cross at 1-800-733-2767 or by going online at www.redcrossblood.org, and using the sponsor code "RRMC."

The Red Cross accounts for about 40 percent of the U.S. blood supply, which is used at about 2,700 hospitals across the country. Donors who show up for their appointments at blood drives are first asked to register, then supply a health history before a brief physical exam is conducted. About a pint of blood and several small test tubes are then collected, and the donor is offered refreshments while remaining seated to avoid light-headedness.

More than 41,000 blood donations are needed every day in the U.S., according to the Red Cross. The average red blood cell transfusion takes about three pints, and a single trauma patient can require as many as 100 pints of blood. One donation can help save the lives of as many as three people.

Blood donors must be in good general health, be at least 17 years of age and weigh at least 110 pounds.

Asante News is published every Tuesday. Deadline for submission of articles is every Friday. Send via e-mail to asantenews@asante.org.

Question or suggestions: Call Communications and Marketing at (541) 789-3510 or extension 13510.