



Health & Fitness Weekly Wellness Message

WE NEED YOU!! On Monday, the 24th of October, Health Fitness will be hosting a blood drive to support The Armed Services Blood Program (ASBP). The Armed Services Blood Program collects all blood types but they especially need types O and AB for their overseas military treatment facilities. At our last blood drive in January of 2011, we were able to donate a total of 35 units. We believe the NDU Community can top that!

During a drive in December of 2010, soldiers of the 11th Engineer Battalion at Fort Benning, Ga., set the bar high as they lined up in droves - enlisted and officers alike—with one thing on their mind, donating blood to their brothers and sisters in theatre. The Fort Benning Blood Donor Center asked a few members of the battalion: “Why do you donate blood?” Here is what they said:

“I donate blood to help other soldiers out. I want to give blood because I hope other soldiers will do the same for me if I need blood.” — *Staff Sgt. Eli Lopez*

“Our battalion wants to do our part and support the cause of the Armed Services Blood Program. You never know when you may need blood products, so it is very important everyone is ‘Army Strong’ and donates. It is also important to lead by example.” — *Command Sgt. Maj. John Etter*

“Donating blood is one of the things I can do to help out the other service members who are deployed while I am safe at home.” — *2nd Lt. Kenneth Forbess*

“I think it’s very important for people to donate so that we can support our own military family. So many troops get injured downrange, making it vital for us to be able to provide the blood products they may need.” — *2nd Lt. Jonathan Logan*

It only takes a few minutes to save a person’s life. Just one hour can save up to three lives! The actual donation only takes about ten minutes, however, there are steps that come before and after donation that keep donors healthy and the blood supply safe. In general, the entire blood donation process takes about 45 minutes to one hour. Actual times vary by site and the number of people donating that day.

When you arrive to give blood, the team from the Blood Bank Center will guide you through the following steps:

- Prescreening
- Registration
- Physical Assessment
- Interview
- Blood Donation
- Refreshments

Here are two of the main reasons that people don't donate:

- (1) They're not asked --- **consider this your INVITATION!**
- (2) Self-deferrals --- they think they can't donate because they have a health issues such as diabetes. We have the experts available to answer any of your medical questions about deferrals. Please contact Ms. Catheryn Adens at Adens.Catheryn@med.navy.mil to discuss issues that may affect your eligibility.

ELIGIBILITY:

To find out if you are eligible to donate, click on the following link:

http://www.militaryblood.dod.mil/Donors/can_i_donate.aspx

FOR ANY QUESTIONS YOU MAY HAVE RELATED TO FOREIGN TRAVEL:

http://www.militaryblood.dod.mil/ncrbethesda/pdfs/ASBBCForm044_ForeignCountryTravelInfo_Oct2010.pdf

FURTHER INFO:

To find out more about blood and why blood donors are so important, click on the following link: http://www.militaryblood.dod.mil/Donors/about_blood.aspx

Visit The Armed Services Blood Donor Program's site to learn more about their programs:

<http://www.militaryblood.dod.mil/default.aspx>



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