



NEWS

ANTELOPE VALLEY'S
HEALTHCARE
NEWS RESOURCE

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ANTELOPE VALLEY HOSPITAL CELEBRATES NATIONAL BLOOD DONOR MONTH

(LANCASTER, CA – January 6, 2010) — Antelope Valley Hospital (AVH) is celebrating National Blood Donor Month during January. The hospital would like to invite community members who are eligible to donate blood to visit AVH for just one hour this month.

Blood donations decrease during winter months due to illness, travel, inclement weather and activities related to the holiday season, but the need for blood remains the same.

“Having an adequate blood supply available for patients ensures that surgeries will not be postponed and that patients can be cared for in a timely manner,” says Ellen Gaines, Blood Services Representative for AVH. “Each blood donation can save two lives, so your donation definitely helps residents in this community,” says Gaines.

All blood types are needed, and Type O-Negative blood is especially desirable since it can be given to any patient with any blood type in an emergency. It only takes an hour and will make a huge impact on someone’s life. Blood donated at AVH stays at the hospital, so when you donate you could be helping a family member, friend or neighbor. AVH uses approximately 40 units of blood each day, although that number varies based on patient needs.

Giving blood is an easy and safe process: a new, sterile needle is used for each donation and then discarded. Blood donors should be at least 17 years old and weigh

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more than 110 pounds. Donors are encouraged to eat a healthy meal and drink extra water prior to donating. There are four steps to giving blood: first you register and provide basic medical history; next a mini-physical is given to ensure you are healthy enough to donate; the third step is donating blood which takes about 10 minutes and the last step is replenishing your body by enjoying refreshments drinking fluids.

“One hour of your time can save a life,” says Edward Mirzabegian, AVH Chief Executive Officer. “All of the blood donated at AVH stays here for our patients, so please celebrate National Blood Donor Month by donating at AVH.”

The **AVH Blood Donor Center is located at 1600 West Avenue J in Lancaster, California**, next to the lab in the Outpatient Services Lobby. Donors can call to make an appointment or walk in during the Center’s operating hours, which are **Tuesday and Thursday from 9 a.m. to 6 p.m., Wednesday from 7 a.m. to 4 p.m. and the first and third Saturday of the month from 8 a.m. to 1 p.m.** All donors receive a free cholesterol test and the knowledge that they helped save someone’s life! Please call the **Blood Donor Center at (661) 949-5622** to make an appointment or for more information.

About Antelope Valley Hospital

Celebrating more than 50 years of caring for the community, Antelope Valley Hospital, a facility of Antelope Valley Healthcare District, is a non-profit, 420-bed hospital that was founded in 1955. The hospital is dedicated to providing quality care and services to everyone in the Antelope Valley. AV Hospital is located at 1600 West Avenue J in Lancaster, California. For further information, please visit www.avhospital.org or call (661) 949-5000.

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