

## Top 50 Blood Facts

1. Blood makes up about 7% of your body's weight.
2. An adult of average weight has about 10 to 12 pints of blood.
3. Blood carries oxygen and nutrients to all parts of the body.
4. Blood carries carbon dioxide and other waste products back to the lungs, kidneys, and liver for disposal.
5. Blood fights against infection and helps heal wounds, maintaining a healthy body.
6. There are four main blood types: A, B, AB, and O.
7. Each blood type is either Rh positive or negative. In addition to numerous blood subtypes, many rare blood antigens can be found, especially among minorities, including U-negative, Duff (a, b)-negative, and Js(b)-negative.
8. Just one pint of donated blood can help save the lives of several people.
9. One pint of blood can be separated into several components, (red blood cells, white blood cells, plasma, platelets, and cryoprecipitate.)
10. Red blood cells carry oxygen to the body's organs and tissues.
11. Platelets help blood clot and give those with leukemia and other cancers a chance to live.
12. There are about one billion red blood cells in two drops of blood.
13. Red blood cells, white blood cells, and platelets are made in the body's bone marrow.
14. Red blood cells live about 120 days in the circulatory system.
15. Red blood cells must be used within 42 days.
16. Platelets must be used within 5 days.
17. Plasma can be frozen and used for up to one year.
18. Healthy bone marrow makes a constant supply of red blood cells, plasma, and platelets.
19. Blood transfusions are critical for patients suffering from anemia.
20. People who have been in car accidents and suffered massive blood loss can need transfusions of 50 pints or more of red blood cells.
21. Plasma is a pale yellow mixture of water, proteins, and salts.
22. Plasma, which is 90% water, constitutes 55% of blood volume.
23. Plasma helps maintain blood pressure, carries blood cells, nutrients, enzymes and hormones, and supplies critical proteins for blood clotting and immunity.
24. Platelets are small blood cells that help control bleeding.
25. Cancer, transplants, and trauma patients and people undergoing open-heart surgery require platelet transfusions to survive.
26. White blood cells are the body's primary defense against infection.
27. There is no substitute for human blood.
28. Much of to day's medical care depends on a steady supply of blood from healthy donors.
29. Volunteers provide nearly all of the nation's blood supply for transfusion.
30. Every three seconds someone needs blood.
31. Approximately 32,000 pints of blood are used each day in the US.
32. Blood centers often run short of type O and B blood.

33. Shortages of all types of blood often occur during the summer and winter holidays.
34. If all blood donors gave at least twice a year, it would greatly strengthen the nation's blood supply.
35. Anyone who is in good health, is at least 17 years old, and weighs at least 110 pounds may donate blood every 56 days.
36. Blood donation takes four steps: medical history, quick physical, donation, and snacks.
37. The actual blood collection takes approximately 10-20 minutes. The entire process, from sign-in to departure, takes 45 to 60 minutes for whole blood.
38. Giving blood will not decrease your strength.
39. Any company, organization, place of worship or individual may contact their local blood center to host a blood drive.
40. Apheresis is a special kind of blood donation that allows a donor to give specific blood components, such as platelets.
41. You cannot get AIDS or any other disease by donating blood.
42. A heart surgery uses an average of six pints of red blood cells and six pints of platelets.
43. The average liver transplant patient needs 40 pints of red blood cells, 30 pints of platelets, 20 bags of cryoprecipitate, and 25 pints of fresh frozen plasma.
44. The average bone marrow transplant requires 120 pints of platelets and about 20 pints of red blood cells.
45. Severe burn victims can need 20 units of platelets during their treatment.
46. Children being treated for cancer, premature infants, and children having open heart surgery need blood and platelets from donors of all types.
47. If you began donating blood at age 17 and donated every 56 days until you reached 76, you would have donated 48 gallons of blood.
48. One out of every 10 people entering a hospital needs blood.
49. The average red blood cell transfusion is 3.4 pints.
50. Females receive 57 percent of transfused blood; males receive 47 percent.