

## COMMUNITY BLOOD DRIVE ON July 8<sup>th</sup>.

Highlands-Cashiers Hospital (HCH) along with AnMed Regional Blood Center will continue their annual joint blood drive July 8th. Greg Johnson of AnMed Blood Center said “The community can play an important role in this summer’s blood supply”.

The AnMed bloodmobile will be at Highlands-Cashiers Hospital on Thursday, July 8<sup>th</sup> from 9 a.m. to 11:30 a.m. and at the Highland’s First Citizen Bank from 12:30 p.m. to 6 p.m.

“The number of blood products used for patients is largely increasing each year. More than half of the patients receiving blood from the hospital are your friends and neighbors. The blood that was donated last year given to HCH first, to replenish its blood bank, and then sent areas or facilities in immediate need”, says Ann Greenlee, HCH’s Laboratory Director.

There is never too much participation during times like these. “Blood we get now will last up to 42 days. So blood donated during your drive will help us during a time when collections are normally minimal,” says Johnson, which has supplied the hospital’s needs for blood products for over 20 years”.

These local blood drives that are held all around communities and neighborhoods supply roughly half of the blood in the bank. Donating blood is a safe and easy way to help your community.

Anyone 16 years or older and 110 pounds can give blood. If you are taking medication, it won’t usually prevent you from giving blood; however, you may want to bring the name of the medication with you. . The AnMed officials will determine their eligibility through the donor screening process.

Giving blood will only take 30-45 minutes out of your day. Be sure to eat and drink plenty of fluids before you come. Donating just one pint of blood can save up to three lives. The requirements are minimal to give the gift of life.

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