Happy Holidays!

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tative, donated is sent to California, whereas the blood that is donated stays here in Erie.'

Added to the drawbacks of donating blood is the discovery of AIDS. Acquired Immune Defi-

which the body's normal defense mechanisms against certain diseases or conditions are reduced. As a result, patients usually develop unusual infections such as Pneumocystis pneumonia or a

"The plasma that is ciency Syndrome is a condition in rare form of skin cancer, Kaposi's sarcoma.

Public health authorities list the following groups of people who appear at increased risk of developed AIDS, and, therefore, should not donate blood:

-Past or present abusers of intravenous drugs.

-Males who have had sexual contact with more than one male partner since 1979.

-Males whose sexual partners have had sex with more than one male since 1979.

-Haitians who have entered the U.S. after 1977.

-Patients with hemophilia. -Sexual partners of AIDS patients or of individuals in any of the above categories.

In order to protect the recipients of blood, the Community Blood Bank asks you not to give blood if you have symptoms which occur in patients with AIDS or are in one of the above groups considered at high risk of exposure to AIDS. This is an interim measure which has been instituted until the AIDS problem is resolved or until definitive laboratory tests become available.

you can help by not offering blood or telling the nurse that you are not feeling well when your medical history is taken.

Any donor who feels poorly is not permitted to donate, so this provides a private way for you to excuse yourself. However, if you still would like to give and are a part of a high exposure group, you may give after filling out a confidential form. Your blood will be used for studies.

Because the Community Blood Bank cares about your safety and that of patients who receive blood, its staff of nurses ask a series of questions about your health history and conduct a limited physical examination. These measures help to show whether you can donate blood safely and to ensure that your blood will be safe for a patient to receive. The record of your health history and physical examination is confidential information.

Your blood donation will be drawn by a skilled phlebotomist. The donation itself takes only six to ten minutes, although with preparation time and a postdonation rest, the total process adds up to about 30 minutes.

Most donors tolerate donation very well, but occasionally an adverse reaction, such as dizziness, light-headedness or fainting may occur. The Community Blood Bank personnel are trained to recognize and treat reactions and are under supervision of a qualified physician.

After blood is donated, your body needs a few minutes to adjust to the slight change in body fluid volume. This takes approx-

If you are in a high risk group, the hospital and physician can safely transfuse it to patients. Your blood may be given to one person, as whole blood, or it may be seperated into components (red cells, platelets, plasma, and so on) and used to help several patients with special needs.

feature

There are a variety of people who benefit from your blood donation: the patient who receives your blood or its components, your community's health care system, which as a result of your generosity has a vital human medicine that is available only from people like you, and your community's well-being benefits because you cared enough to share your blood with anyone, friend or stranger, who may need it. And you have the personal satisfaction of giving.

The mission of the Community Blood Bank is to provide an adequate supply of voluntarily donated blood at all times to meet anyone's transfusion need. Helping to provide that adequate supply is a responsibility we all share as members of this community.

From the Behrend College Blood Drive, the Community Blood Bank received 109 pints of blood. Although Behrend's blood drive is over, administration, faculty, staff and students are still encouraged to go down to the Community Blood Bank and donate blood under Behrend's name. Everyone should understand that there is only one way to guarantee that blood is available for patients who need it; that on way is for enough donors to keep donating regularly. No other way works, and keep in mind that the life you save may be your own.





Jack Burke, Associate Provost and Dean.

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