



The Blood Bank of Hawaii holds drives on the Neighbor Islands about every eight weeks. Times and locations are subject to change, so please call **1-800-372-9966** to confirm the drive locations.

Kona

Monday, November 3
8:30 a.m. – 5:00 p.m.
Hawaii Preparatory Academy
Gates Performing Arts Center

Tuesday, November 4
7:30 a.m. – 4:30 p.m.
Kona Hongwanji Mission
Mission Hall

Wednesday, November 5
7:30 a.m. – 4:30 p.m.
LDS Kona Stake Center
Cultural Hall

Hilo

Monday, November 24
8:00 a.m. – 5:00 p.m.
University of Hawaii at Hilo
Campus Center Room 301

Wednesday, November 26
7:30 a.m. – 4:30 p.m.
Aunty Sally Kaleohano's
Luau Hale

Kauai

Monday, December 8
To Be Announced

Tuesday, December 9
8:30 a.m. – 5:30 p.m.
Wilcox Memorial Hospital
Conference Rooms A, B & C

Wednesday, December 10
7:00 a.m. – 4:00 p.m.
Wilcox Memorial Hospital
Conference Rooms A, B & C

Maui

Monday, December 22
8:30 a.m. – 5:30 p.m.
Cameron Center Auditorium

Tuesday, December 23
7:00 a.m. – 5:00 p.m.
Cameron Center Auditorium

Wednesday, December 24
8:00 a.m. – 2:00 p.m.
Maui Economic
Opportunity, Inc.
Classrooms 1 & 2

Friday, December 26
8:00 a.m. – 5:00 p.m.
Maui Economic
Opportunity, Inc.
Classrooms 1 & 2



Blood Bank of Hawaii

2043 Dillingham Boulevard
Honolulu, HI 96819-4024
PHONE: (808) 845-9966
NEIGHBOR ISLANDS: (800) 372-9966

Non-Profit
Organization
U.S. Postage
PAID
Honolulu, HI
Permit No. 350

Downtown Donor Center

Monday **6:30 a.m. – 2:00 p.m.**
Tuesday **6:30 a.m. – 2:00 p.m.**
Wednesday **6:30 a.m. – 2:00 p.m.**
Thursday **6:30 a.m. – 2:00 p.m.**
Friday **6:30 a.m. – 2:00 p.m.**

Dillingham Donor Center

Monday **9:00 a.m. – 5:00 p.m.**
Tuesday **6:30 a.m. – 5:00 p.m.**
Wednesday **6:30 a.m. – 5:00 p.m.**
Thursday **6:30 a.m. – 7:00 p.m.**
Friday **6:30 a.m. – 5:00 p.m.**
Saturday **6:30 a.m. – 2:00 p.m.**
Sunday **Apheresis by appointment only**
9:00 a.m. – 12:15 p.m.





Circulate

News from Your Community Blood Center  **The Blood Bank of Hawaii**

September 2008

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**Give Blood
It's Safe.
It's Simple.
It Saves Lives.**

The Appliance of Science

The Blood Bank's training program offers medical professionals opportunities to do just that

Dr. Darryl Glaser was looking for an engaging way to supplement his teaching curriculum on blood banking and transfusion medicine for his pediatric medicine students and residents.

He found it at the Blood Bank of Hawaii. Having long believed that first-hand experiences create lasting impressions, the pediatric hematology and oncology physician at Kapi'olani Medical Center for Women & Children knew that a visit to Hawaii's community blood center would provide the perfect opportunity to take learning out of the classroom and into the real world.

"The Blood Bank's teaching program complemented our teaching curriculum by providing our students and residents with a hands-on education that they will remember far more than simply reading it from a textbook," said Glaser. "Engaging in standard donor phlebotomy and observing procedures in the laboratories, such seeing how platelets are agitated and how the blood is stored, brought their textbook reading to life."

Glaser's students spent two days this past summer observing the process of collecting, testing, processing and storing blood for later use, as well as learning the standards and regulations that govern blood donation and transfusion.

His young professionals, however, aren't the only one to benefit from BBH's training program. Students enrolled in the University of Hawaii's John A Burns School of Medicine, Department of Medical Technology visit BBH each year for their training in blood banking and transfusion medicine prior to beginning their clinical training. Medical technologists (MT), also known as clinical laboratory scientists (CLS), perform diagnostic analytic tests on blood, tissue and body fluids to provide laboratory information for the detection, diagnosis and treatment of human diseases.



Blood Bank of Hawaii (BBH) Reference Laboratory Supervisor Stephanie Pettit (far left) stands proudly with medical technology graduates from the University of Hawaii, John A. Burns School of Medicine. From left to right: Vu Tran (Pali Momi), Freddy Jacobs (HMC-West), Tauseef Anwar (DLS), Jantzen Lim (DLS), Brenda Miyashiro (DLS), Masa Nishiguchi (CLH at Kapiolani Med. Ctr), all of whom received training at the BBH facility.

» Dillingham Donor Center Hours to Change

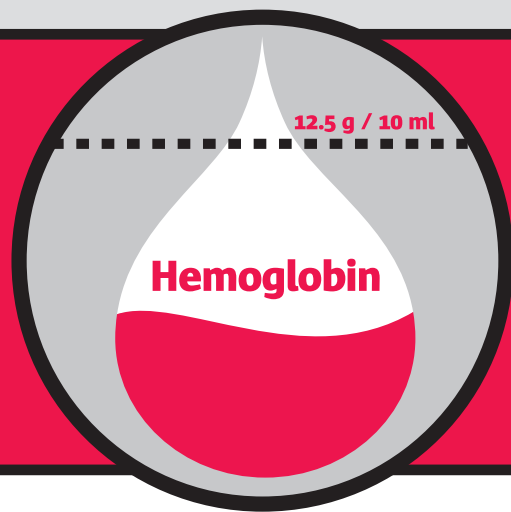
The Blood Bank of Hawaii is implementing a pilot project that will incorporate a change in collection hours on Thursdays at the Dillingham Donor Center, starting December 1, 2008. The new hours will be from 9 a.m. - 7 p.m. Please be aware of this, should a change occur in the coming months.

My hemoglobin is low.

What should I do?

A low hemoglobin count is the most common cause of donor deferrals. Hemoglobin is a protein in your red blood cells that contains iron and carries oxygen to all the parts of your body. The FDA requires that blood donors have a hemoglobin count of at least **12.5 g / 10 ml** to ensure that a pint of blood can be safely drawn from a donor. If it's lower, we'll ask you to try again in two weeks.

The most frequent cause of low hemoglobin is eating an iron-poor diet over a long period of time. You may also "lose" iron for many reasons such as gastrointestinal disease, heavy menstrual flow, surgery, lack of sleep, stress and dieting. If you've been deferred for "low iron," you can build your hemoglobin level by eating a consistent diet of foods which contain iron. It's important to have a steady diet of iron rich foods because having a hamburger or box of raisins before donating is not going to do the trick.



Eating Right to Donate: There are two types of iron found in foods: haem and non-haem. Haem iron is easily absorbed into the body and can be found in the following foods: **Lean beef Lean pork Lean chicken Fish Lamb Crab Shrimp Liver; Non-haem iron has trouble being taken in by the body and are in foods like: Whole grain bread Oats Legumes Tofu Nuts Dried fruits Spinach**

The Appliance of Science

"Many laboratories across the nation would like to hire more clinical laboratory scientists," said Sheri Gon M.P.H., C.L.S., an immunohematology lecturer for the department. "Both donor and transfusion services make a C.L.S. graduate very marketable. So it makes sense for our students to learn about the professionals in the blood banking field and the work they do."

The post-Baccalaureate C.L.S. students even hosted a summer blood drive on the University of Hawaii campus, recruited donors and tended the canteen on the day of the drive.

"The lessons the students learned about donor recruitment, component preparation and the complexity of blood inventory management at the Blood Bank really came in handy," continues Gon. "These activities are important to the students since they will one day work with the Blood Bank of Hawaii during times of low inventory and will handle challenging cases."

This year, the Department of Medical Technology graduated seven students and anticipates congratulating another 13 more next year.

Recent graduate Reid Rosehill says his Blood Bank of Hawaii experience helped him to understand from where hospitals get their blood and how it is processed before it gets to the patient. "Prior to that, I had little to no knowledge about blood donations, the important need for blood and how short the community supply can get without help from donors," said Rosehill. "That was really eye opening."

Lectures by BBH staff members Assistant Medical Director Dr. Randy Covin and Laboratory Director Cynthia Shimizu supplemented the hands-on experience. In addition, Covin and Shimizu led training sessions, along with BBH Reference Laboratory Supervisor Stephanie Pettit, Blood Inventory Supervisor Lana Shirota and Components Supervisor Shandrie Mangonon.

Rosehill sees a career in medical technology as great way to combine an aptitude for science with a desire to help others. But he's been lucky, he says.

"My mom was a medical technologist, so I always knew it was an option for me," he said. "But after going through the medical technology program and my training at the Blood Bank of Hawaii, it's no longer an option—becoming a med tech is now my goal."

Back to School Means Return of School Blood Drives

Students play vital role in maintaining blood supply



BBH Medical Assistant Shawna Nishimoto flashes a smile and a shaka sign after collecting blood from a young, healthy high school donor.

Labor Day signals the end of summer, a difficult season for blood collection. But there's relief in sight—school is back in session, and so are school blood drives.

In Hawaii, roughly seven percent of BBH's total collections, or 4,100 units, come from school blood drives during the school year. Young donors are increasingly important to the blood community as current donors—the World War II generation and baby boomers—will, at some point, become ineligible to donate.

And students are happy to play a part in helping their communities.

“Coordinating a high school drive is a great experience for our students,” said Punahou School Nurse Kari Wilhite, R.N., who oversees the student drives that happen at least four times a year. “The students who host the drive learn how to serve and care for the donors, and most of the student donors usually continue to donate in college. Both groups enjoy the satisfaction that comes from helping others.”

Indeed, the altruism of Hawaii's student population and level of commitment seen from these young people are admirable. Thanks to this up-and-coming generation of blood donors, hundreds of lives are being saved.

Portions of this article were reprinted courtesy of the America's Blood Center.

Welcome to the Club

The need for blood never stops. New Lifesaver Clubs are constantly sought to help maintain a steady collection of blood donations throughout the entire year. The **Blood Bank of Hawaii** thanks new organizations and welcomes back those that have hosted blood drives to encourage employees, friends and fellow residents to give the gift of life:

- » Alexander & Baldwin
- » BAE Systems
- » Boy Scout Troop 75
- » Communications Pacific
- » Dr. K.B. Chun & Sons
- » Girl Scout Troop 433
- » Hawaii Prince Hotel Waikiki
- » Hilton Waikoloa Village
- » Honolulu Fire Department
- » LDS Kaneohe Hawaii Stake – 1st Ward
- » Maui Electric Company
- » Title Guaranty Hawaii
- » Virginia Abshier, M.D.
- » Wal-Mart, Pearl City

If you know of a group who would like to host a blood drive, please call **848-4713** or email Aaron Knapp at aknapp@bbh.org.

Cast Your Vote

-  Make a Difference in Just One Hour
-  Prevent Blood Shortages
-  Save Lives

with the **Blood Bank of Hawaii** This Election Season!

Voters have a lot of difficult decisions to make in this political year, but the **Blood Bank of Hawaii** makes one of them easy for you - the decision to donate blood.

You don't need to do a lot of research, weigh the pros and cons or defend this choice to friends and family. Regardless of your political affiliation, you can take a little time to make a big difference in the lives of patients in our community by deciding to save a life and give blood!

www.bbh.org