



**Contact:**

Shay Nanke  
Marketing Coordinator  
(870) 239-8031; shay.nanke@arkansasmethodist.org

**FOR IMMEDIATE RELEASE**

**Tuesday, August 18, 2009**

**AMMC HOSTS BLOOD DRIVE WITH THE AMERICAN RED CROSS**

**WHO:** Arkansas Methodist Medical Center and the American Red Cross

**WHAT:** AMMC is sponsoring a blood drive in partnership with the American Red Cross to help collect the life-saving gift of blood for patients in need.

**WHEN:** Thursday, August 20<sup>th</sup> from 12:00 pm-5:00 pm

**WHERE:** Arkansas Methodist Medical Center Professional Office Building Auditorium

**WHY:** According to the Red Cross, one in 10 people entering a hospital needs blood. The National Blood Data Resource Center estimates that some 38,000 units or pints of blood are needed every day. Blood transfusions are used for trauma victims due to accidents and burns; heart surgery; organ transplants; women with complications during childbirth; newborns and premature babies and patients receiving treatment for leukemia, cancer and other diseases such as sickle cell anemia. At Arkansas Methodist Medical Center alone, approximately 100 units are transfused yearly.

To give blood for transfusion to another person, you must be healthy, be at least 17 years old or 16 years old if allowed by state law. You must weigh at least 110 pounds, and not have donated whole blood in the last 8 weeks (56 days) or double red cells in the last 16 weeks (112 days). "Healthy" means that you feel well and can perform normal activities. If you have a chronic condition such as diabetes or high blood pressure, "healthy" also means that you are being treated and the condition is under control.

A recognized leader, Arkansas Methodist Medical Center in Paragould provides progressive, compassionate healthcare to residents throughout Northeast Arkansas and Southeast Missouri. Additional information about AMMC is available at: [www.arkansasmethodist.org](http://www.arkansasmethodist.org).