



# MARKSMAN



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### Have a Heart – Give Life!

Share the blessings of Easter by joining the family of St. Marks in our Annual *Celebration of Life* barbeque and blood mobile drive – **Sunday, May 1, 8:00 a.m. – 1:30 p.m.** Last year we collected a record **32 pints** and had 100% participation from donors with not a single “no-show.” We helped over 100 patients with our 32 pints last year!! Let’s see if we can increase our collection by 2 pints – let’s collect 34 pints in 2011!

Make a difference in Life! Donate to blood as a way of *Celebrating God’s Love and Forgiveness -- serve others by Being Brave – Being Christ-like in your Sacrifice – Giving Blood to Save Another’s Life!*

Even if you cannot donate, please join us for our *Celebration of Life barbeque on the patio on Sunday, May 1, 11:00 a.m. – 1:00 p.m.* Help us celebrate God’s gift of life—our own blessed lives, the lives of those we love and, most importantly, the lives of those who will be saved by the blood donations made in Jacobson Hall!

### Basic Donor Requirements:

- Generally good health and feel well
- Be at least 17 years of age – there is no upper age limit
- Weigh at least 110 pounds

### Donation Frequency

- Whole blood donors may donate every 56 days.
- Platelet donors may donate every 48 hours.

Plasma donors may donate every 4 weeks.  
Immunizations:

- You can donate after the following immunizations, if you feel well – flu, pneumonia, tetanus, diphtheria, Hepatitis B

Wait 4 weeks after immunizations for polio (oral), MMR (measles, mumps, rubella)

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### Medications:

**Accutane** – wait 4 weeks after last dose  
**Antibiotics** – cannot donate if taking for an infection; okay if for prevention or maintenance  
**Aspirin**-containing products, Feldene and Lodine XL – platelet donors only, 48 hours after last dose.  
**Advodart** – 6 month wait after last dose  
**Insulin from cows** (bovine/beef) – cannot donate  
**Plavix** – Platelet donors only, wait 5 days after last dose  
**Propecia** – 4 week wait after last dose  
**Proscar** – 4 week wait after last dose  
Soriatane (Acitretin) – 3 year wait after last dose  
**Tegison** – cannot donate if ever taken  
**Ticlid** – platelet donors only, 14 day wait after last dose

### Medical Requirements:

**\*\* Cancer** – You can donate blood, even if you have been treated for cancer! See below.  
**Allergies** – can donate if no infection present  
**Asthma** – can donate if no symptoms  
**Body/Ear Piercing/Acupuncture** – can donate if done with a sterile, single use needle or piercing gun, otherwise 1 year wait  
**Cancer**  
**Basel cell, squamous cell skin cancers & keratosis** – can donate  
Melanoma or malignant tumors – 1-year wait after last treatment and resolved

**Cold, fever, flu, sore throat, cough** – wait until feeling healthy and well  
**Cold sore, fever blister** – wait until gone  
**Dental work – routine work, wait until next day; root canal/tooth extraction** – 3 day wait  
**Diabetes** – can donate if stable  
**Heart attack** – 1 year wait  
**Heart surgery, coronary artery bypass surgery, angioplasty** – 6 month wait  
**Hemochromatosis** – cannot donate  
**Hepatitis or undiagnosed jaundice after age 10** – cannot donate  
**Herpes (genital)** – wait until lesions are gone  
**Major/minor surgery** – wait until healed  
**Pregnant/abortion/miscarriage** – 6 week wait  
**Stroke** – 12 month wait  
**Tattoo** – 1 year wait; no wait for cosmetic tattoo done in a physician’s office  
**Travel Restrictions:**  
**Malaria area** – 1 year wait if spent up to 5 years there; 3 year wait if spent 5 consecutive years or more there. (See [www.sandiegobloodbank.org](http://www.sandiegobloodbank.org) for more info.)  
**England** – cannot donate if spent more than 3 months in U.K. from 1980-1996)  
**Europe** – cannot donate if spent 5 years or more in European countries since 1980.  
**Iraq** – 1 year wait after leaving  
**Military** – cannot donate if spent 6 months or more on bases in northern Europe 1980-1990 or Southern Europe 1980-1996).  
**SARS affected area** – 14 day wait after returning to USA

**Individuals at risk for AIDS (HIV):** Do not donate blood if . . .  
You have ever tested positive for HIV  
You have ever used needles to take drugs, steroids, or anything not prescribed by your doctor.  
Are a male who has had sexual contact with another male, even once, since 1977.  
Have ever taken money, drugs or other payment for sex since 1977.  
Have had sexual contact in the past 12 months with anyone described above.