

**Lockheed
Martin
Space
Systems
Company**

**Blood
Drive**

May 15-19

Please give! Your donation will help others live

by Dr. Terrence Mathers,
Michoud Operations' temporary
physician

With the supply of whole blood at historic lows, it is now, more than ever, a life-saving act to donate. Whole blood is separated into several components such as blood cells and plasma for use in different situations and to greatly extend the shelf life of blood.

Your blood cells can be used for up to 30 days to save a person after surgery or major trauma. The plasma can be frozen before use and will last upwards of one year. Plasma can be used for many medical and surgical problems.

In some cases the platelets and clotting factors will be removed from the plasma for use in bleeding disorders. You are therefore contributing to potentially four separate people — who might

otherwise not survive — each time you donate.

The blood supply has decreased in recent years mainly because there are fewer regular donors, the United States is at peace, and some willing donors are unable to give. The loss of adequate blood sources creates a short supply, requires more testing on each unit, and results in increased costs.

Smaller hospitals have difficulty maintaining adequate supplies, and larger hospitals must work with smaller reserves, which could be jeopardized in the event of a major tragedy.

Dr. Tim Petersen, medical director at The Blood Center, perhaps said it best. "Without Michoud Operations we would be in real trouble." Last year Michoud donated 1,423 units during three blood drives.

Willing donors, unfortunately, sometimes have to be rejected. The reasons include low blood pressure, anemia, body weight less than 110 lbs., tattoo or body piercing within one year and elevation of liver function tests. The last reason can arise from many causes such as a viral illness or excessive alcohol.

If you have a question regarding eligibility to donate, contact The Blood Center at 524-1322 prior to the blood drive.

Some people express the fear that in donating blood they might be putting themselves at risk for some infection. The Blood Center uses only sterile needles and other equipment in collecting blood. There is no risk of acquiring Hepatitis or AIDS while giving blood.

Michoud Operations May Blood Drive

The second of three blood drives planned for 2000 is May 15-19, 2000. If you are in good health and weigh at least 110 pounds, you're probably a good candidate to give blood.

Donors will not be automatically deferred for taking medications. Previous restrictions for certain medications such as high blood pressure medicine have been lifted. Many medications are acceptable; it depends what you are taking.

Temporary deferments may be necessary for those with colds or flu or those who are pregnant or have had recent surgery or a serious illness. Please consult The Blood Center at 524-1322 if you have questions about your eligibility to donate blood.

Lockheed Martin blood donors receive a choice this drive between a T-shirt from The Blood Center or blood assurance coverage, which is provided for you and your tax dependents or four other individuals. This blood assurance

plan provides \$500 worth of blood coverage for one full year. Some medical insurance plans do not provide blood coverage. You never know when you or someone you know might need blood.

***All employees please note:
certain insurance plans do
not include blood coverage.***

***All employees will receive
\$250 worth of blood
coverage if 25% of
Michoud's employee
population donates blood.***

MAY BLOOD DRIVE

Monday	5/15	Bldg. 351 Cafeteria	8 a.m.-2:45 p.m.
Tuesday	5/16	Bldg. 351 Cafeteria	8 a.m.-2:45 p.m.
Wednesday	5/17	Bldg. 102 Special Events Room	10 a.m.-4 p.m. New! 7 p.m.-11 p.m.*
Thursday	5/18	Bldg. 102 Special Events Room	10 a.m.-4 p.m.
Friday	5/19	Bldg. 102 Special Events Room	New! 3 a.m.-7 a.m.** 8 a.m.-3 p.m.

* New 2nd shift times

** New 3rd shift times

Ginger's story

Hello, my name is Ginger Ben. I'm an inventory stock clerk in Production Operations and have worked at Michoud since 1981.

I'm writing this to tell you my personal experience, and why I think it is so very important to donate blood. I hope my story makes everyone realize that giving blood can be a life-saving gift.

Several years ago, I entered the hospital for routine surgery. Supposedly it went okay. Four days later, I was discharged to begin my recovery process. A few days passed and instead of getting better, I became gravely ill.

My mother alerted a family friend who's a doctor. Alarmed, he told my mother to take me to the hospital immediately. There, the emergency room doctor examined me, and quickly called my physician who admitted me for intravenous antibiotic treatment.

It turned out I had a staph infection, which was decaying the internal stitches, causing me to hemorrhage internally. The night before I was to be released, an aide helped me out of the bed to go to the bathroom. But when I put my feet on the floor to stand, blood started gushing from my body.

The last thing I remember was



Ginger Ben

the announcement of "Code Blue" for my room. Because of the hemorrhaging, I received 13 units of blood from the blood bank. That's more blood than the human body needs, but I was losing it as fast as they were giving it to me.

I was in intensive care over a week and stayed in the hospital a month.

Two months after being released, I had to undergo more surgery, and this time I received two more units of blood.

I would like everyone to know that I am living testimony that blood is truly the gift of life. I believe I am a living miracle because of it.

What to expect as a first-time donor

Blood donation is a step-by-step process, which takes about 45 minutes. The actual donation time takes from six to ten minutes. The Blood Center services the employee population here at Michoud Operations.

Step One: Schedule an appointment to donate blood. You may donate as a walk-in, but it helps to determine staffing levels if you schedule ahead of time.

Step Two: Come at the appointed time and bring picture identification with you.

Step Three: Complete a medical screening. A member of The Blood Center's staff will take your vital signs and ask questions about your general medical health and lifestyle in a private setting. During this process you will be cleared to donate, or be temporarily or permanently deferred. All information remains confidential.

Step Four: A medical technician will clean your arm and use a sterilized needle. Each needle is used only once and then discarded. There is no chance of contracting any communicable disease from donating blood. Donors watch videos while giving blood.

Step Five: After you give blood, relax and have juice or punch and cookies to raise your blood sugar and replenish fluids. Stay a minimum of 10 minutes. After donating, you may receive either a T-shirt provided by The Blood Center or blood assurance coverage as a thank you for your donation.

Step Six: Donate again! You may give the gift of life as often as every eight weeks.



How your blood is used

Did You Know?

- ♥ 300 pints of blood is used each day in the metropolitan New Orleans area
- ♥ 200,000 blood components are used each year in south Louisiana
- ♥ 14-16 million transfusions are used annually throughout the United States
- ♥ 95 percent of us will use blood or a blood component by the age of 75
- ♥ You give; you save lives!
- ♥ Less than 5 percent of the eligible population actually donates blood
- ♥ A continuous supply of blood is essential to meet the needs of patients in our area hospitals every day. The reason people are needed to give blood every day is primarily because of the platelet component, which has a shelf life of only 5 days.
- ♥ You and other volunteer donors are the only source of blood and blood component

Boosting your iron count -- You can do it!

If you have previously been deferred as a blood donor because of a low hemoglobin level, it does not necessarily mean you are anemic or cannot donate in the future. In fact, in most cases, a simple change in diet may increase your hemoglobin level.

Iron when combined with certain proteins becomes hemoglobin in red blood cells. It is present in small amounts in the body, and its function is to carry oxygen to the body's tissues. Because oxygen helps convert food into energy, too little iron – and hemoglobin – can trigger an internal energy crisis.

The average adult male needs ten milligrams (mg) of iron daily, while the average adult female needs 18 mg a day. Iron is especially important in a woman's diet because her monthly loss of hemoglobin depletes her body's iron

supply. Half of all women of childbearing age get less iron than they need, and 5 percent suffer from iron deficient anemia.

Iron-rich foods promote blood regeneration. Liver, one of the best sources of iron, should be included in the diet once a week. Lean meats, eggs, whole-grain and enriched breads, cereals, potatoes, leafy vegetables, dried fruits, peas, beans and molasses are also good sources of iron.

Here are some tips to increase your hemoglobin count:

- Eat foods high in Vitamin C along with ones rich in iron. Vitamin C increases iron absorption by the body.
- Try taking an iron supplement that also includes Vitamin C. You may want to speak with your physician about recommending a vitamin.
- Do not drink tea, coffee or other beverages with caffeine

during meals. Caffeine decreases iron absorption, and those who are anemic should avoid caffeine.

- Eat high iron foods as often as possible prior to giving blood.

Giving blood generally lowers your hemoglobin level by only one gram.

Here's something new for the May blood drive. In addition to the usual finger-stick method, The Blood Center is now offering an ear-stick option, which is usually less painful since the ear is less sensitive than the finger. The hemoglobin count is often found to be higher, probably due to the increased number of capillaries in the head and neck region and less chance of dilution from tissue fluid, which may be seen in the finger-stick method.

Source: The Blood Center

Michoud Operations Blood Drive Team

Management Advisor

Robert Bruce

Coordinator *Kathy Eaton*

Support Staff - *Anita August*

Executive Area/ Communications

Sharon Hansen

Business Operations

Anthony Baptiste

Thelma Andrews

Jack Brown

Jerry Pax

Rosalind Thomas

Facilities & Environmental Operations

John Seither / Alan Hislop

Richard Crawford

Dennis Fauver

Robert Pedeaux

Ed Peneguy

Sherri Sims

John Tonglet

George Wehrlin

Human Resources

Eric Leonard

Gerald Green

Kevin Kolb

Frank Lusk

Larry McCall

Jesse Spells

Materiel Sourcing

Anna McCormick /

William Burtch

Planning and Control

Christine Phillips

Product Assurance

Sheila Malabad

Ronnie Grice

Rhonda Guarino

Bridget Mappus

Bob Moore

Jean Rowe

Production Operations

Marie Alongi

Mark Arthur

Susan Bullington

Elissa Corne

John Golman

Linda Laborde

Betty Lopez

Judy Martin

Jannette Morrow

Patrick O'Rourke

Mike Poland

Herb Sires

Debbie Sloan

Darryl Smith

Cheryl Sullivan

Molen Ursin

Reginald Williams

Program Management & Technical Operations

Karen Lewis / Beverly Flauss

Evelyn Banks

Gerald Bultman

Marc Church

Mark Cleveland

Isolde Dagg

Lynn Dave

John Desforges

Michelle Guillot

Richard Hake

Joyce Hunnicutt

Michael Keane

Elizabeth Marvin

Hal Merritt

Ray Mitchell

Roger Myers

Margaret Pepersack

Leslie Pontillas

Cindy Pustanio

Quinn Quaglino

Kristie Sparks

Billy Thomas

Christophe Vailhé

Doug Vitrano

Second Shift Lead Support

Mark Raia

Third Shift Lead Support

Phil Lapara /

Paul Dillon

** Departmental coordinators
in italic*