



MARINE CORPS LOGISTICS COMMAND



January 2015

Health & Wellness

Month in Review:

According to the Wellness Council of America (WECLCOA), January was designated as the National Blood Donor Month (NBDM) by the Association of Donor Recruitment Professionals (ADRP) to encourage donors to give or pledge to give blood.

Blood is traditionally in short supply during the winter months due to the holidays, travel schedules, inclement weather and illness. January, in particular, is a difficult month for blood centers to collect blood donations. A reduction in turnout can put our nation's blood inventory at a critical low.

Every day in our country, approximately 39,000 units of blood are required in hospitals and emergency treatment facilities for patients with cancer and other diseases, for organ transplant recipients, and to help save the lives of accident victims. Our members' goals are to help with this high demand. If you are at least 17 years of age (some states permit younger people to donate with parental consent), weigh at least 110 pounds and meet other donor requirements, you may be eligible to donate blood.

Interesting Facts about Donating Blood

-The components of one pint of donated blood can help the lives of three people.

-Donated red blood cells must be used within 42 days of collection; Platelets within 5 days. Plasma can be frozen for up to 1 year.

-Individuals with serious injuries from a major automobile accident can require 50 units (pints) of blood or more. Seriously burned patients can require 20 units or more.

For More information including ways that you can help, please visit the ADRP website @ <http://www.adrp.org/>



MAKE LIFESAVING A HABIT

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Looking Forward:

According to the U.S. Department of Health and Human Services and the American Heart Association, February is designated as American Heart Month. Heart disease, including stroke, is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths is caused by heart disease.

Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices

What can you do?

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. Lowering your risk is simple:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.



Know this!!! It's not just a man's disease.

Heart disease and stroke kill 1 in 3 women, yet it's 80% preventable. Join with the American Heart Association to raise awareness to end this killer of women.

Make a change this **February 6th, National Wear Red Day** and all year long!

1. Wear Red to show your support for saving women's lives
2. Show us how you Go Red on your social media profiles using #GoRed



<https://www.goredforwomen.org/wearredday/>