Donors for Life

When participating in the donation of blood to save not one but two lives, one gains the satisfaction of having the ability to help another.

On May 5, 2010, I became a Blood Donor for Life. I was truly petrified because I absolutely hate needles until I realized that it was not all that bad. The phlebotomists were really fast and efficient throughout the procedure, especially during the single prick of the arm. After my blood bag was filled, I was given a snack and a choice of Gatorade, Sprite, or water to regain the calories I had just lost. While sitting for a 10-minute recovery period, I was surrounded with great company and conversation. Throughout my high school career, I have helped host four blood drives and have donated once. At the last drive that Burnet High School hosted, I was put in charge of coordination of the student help and organization of site set-up.

Having personally experienced both ends of a blood drive, from the worker standpoint versus actually being a donor, I can relate to new donors and share my experience of becoming a Donor for Life. By becoming a donor, whether it is just a onetime experience or a continuous lifelong experience, one is able to save two lives just with a prick in the arm, a pint of blood, and the removal of the needle. The ability to help save someone else with only a pint of blood presents a feeling of satisfaction with oneself along with the realization that someone's life somewhere will be affected in a positive way.

When signing up for a blood drive and attending the drive, the donor goes through a process consisting of a short interview, a simple finger prick, the actual donation, and a 10-minute recovery time in the area referred to as the "canteen." Throughout this entire process, you, being the donor, are surrounded with a comfortable atmosphere. The "experts," phlebotomists, are very efficient with putting the needle in and taking it out and are extremely

friendly. The environment is quiet, and relaxing, filled with conversation and music. Other benefits include a free t-shirt, getting out of class, a free snack, etc. Although the choice of becoming a Blood Donor for Life should not necessarily be based upon these extras, they can be viewed as bonuses or personal benefits.

Becoming a Blood Donor for Life has many benefits, anywhere from experiencing something new, to gaining satisfaction with the realization of saving two lives. The fact of having the opportunity to save two lives convinced me and I hope it can convince others to help another in need.