

Being a Blood Donor

Note: The following article is adapted from a newspaper column entitled “Dr. Paul Donohue”.



Pre-reading

Questions:

- What do you know about being a blood donor?
- Have you ever donated blood?

Definitions:

- Promote – to help the growth of something
- ml – abbreviation for milliliter – a unit of measurement equal to one-thousandth of a liter
- Eligible – able to do something; qualified for something

Reading

Dear Dr. Donohue:

3 I give blood regularly and have done so for years. Does it promote good health by making the
21 body replace blood cells that have been taken? Or is the loss of blood hard on your health?

39 Answer:

40 I have nothing but praise for you. I wish everyone were as **generous** as you. Nine out of ten of us
61 will need blood some time in our lives. In the United States, more than 40,000 units of blood are
80 used daily. A unit is a pint, about 500 ml (milliliters). The average adult has between eight and
97 twelve pints of blood. Most adults can easily spare one. Only 5 percent of people eligible to give
115 blood do so. You fulfill a great need. Thank you.

125 Giving blood doesn't make a person healthier. It doesn't make a person unhealthier, either. If a
141 person's health would be negatively affected by donating blood, the nurses **drawing** blood would
155 not allow a donation.

159 Here are few more facts to know about being a blood donor. Donors must be at least 17 years old
179 and weigh at least 110 pounds. Donors must show an official form of identification. It must show
196 proof of your age, your signature, and/or your photo. People can donate blood every 56 days. The
214 blood count returns to normal in three or four weeks. After the blood donation the donor can
231 exercise normally. However, he or she should avoid heavy lifting or pushing.

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Understanding

1. What does the word **generous** mean in this story? _____

2. At what age can a person start donating blood? _____

3. How many pints of blood are used every day in the United States? _____

4. What does the word **drawing** mean in this article?
 - a. To make pictures or designs with a pen, pencil, or other writing tool.
 - b. The choosing of the winning ticket in a lottery or contest.
 - c. To take out or remove.
5. What percentage of us will need blood some time in our lives? _____

6. How often can a person donate blood? _____

7. The average adult has how many pints of blood in their body? _____

Writing

Option A: If a friend asked you what you knew about being a blood donor, what would you tell them?

Option B: Do you think it's a good idea to donate blood? Why or why not?
