

# My story

## Please give blood.



**American  
Red Cross**

The need is constant.  
The gratification is instant.  
Give blood.™



**Traci**

**Traci** is all about the American Red Cross. **Her dad** worked for the Red Cross as a career military man in Korea. And **her grandmother** received blood when undergoing treatment for leukemia.

So Traci's devotion was well-aligned before she began coordinating her **employer's blood drive**, and well before she knew she would need blood to help save her life.

On the day of the drive, Traci rolled up her sleeve to give, but was deferred. Her **hemoglobin level** was abnormally low. She was counseled to see her doctor. She did, and was admitted to the hospital where she received nearly a **dozen units of blood**.

Traci takes routine shots to control her health condition and is doing well. She hopes to donate again someday soon, but until then, she volunteers at **Red Cross blood drives** and shares her story about how blood donors helped save her life.

Blood donors must be at least 17 years old, weigh a minimum of 110 pounds, be in general good health, and present a donor card or positive ID upon donation. ©2009 The American National Red Cross 04/09AP348

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