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It?s in you to give: Blood donor clinic coming to Shelburne next month

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Canadian Blood Services continues to see thousands of empty donor beds each week, with appointment bookings falling short of hospital demand for blood and plasma. This could cause the national supply to dwindle.

Hospitals have the blood they need today, but that could change if appointments aren't filled.

One in two Canadians are eligible to give blood, yet only one in 76 will actually donate.

A dedicated but small group of donors have been supporting patients in Canada. More new donors are needed to keep pace with the growing demand for blood and blood products in hospitals.

New donors of all types are needed, but it is particularly vital that people with the group O-negative, O-positive, or B-negative, donate as soon as they can.

The demand for blood is rising. As the population of Canada grows and ages, there has been an increase in surgeries and treatments that require blood transfusions.

While the donor base has grown in the past year, it is not growing at a pace that keeps up with what's needed by patients.

Blood plays a critical role in everyday medical care. Many people with various health conditions require regular transfusion therapy. A person living with thalassemia could need blood every two to five weeks. A person living with leukemia may need blood from up to eight donors every week.

Recent changes to donation criteria mean that many people who weren't able to donate in the past might be able to now.

A donor clinic is coming to Shelburne next month.

The clinic will be held at the Centre Dufferin Recreation Complex (200 Fiddle Park Lane) in Shelburne on Friday, Sept. 13, from 3 p.m. to 7 p.m.

You can book your appointment online at blood.ca, or by calling 1-888-2DONATE.

It is important to keep your scheduled appointment once made.