

LifeLink

A link between donors, volunteers, staff & friends of Stanford Blood Center

WINTER 2009

“In time we can help other families by sharing our story ... and hopefully encourage more people to give blood.”

*—Cristina Moustirats,
Sebastian’s mom*

Precious Moments: page 5

STANFORD BLOOD CENTER  **Give blood for life!**

give blood • volunteer • donate money • host a blood drive

milestones

At Stanford Blood Center, we provide hope for the future: **teaching** tomorrow's leaders in transfusion medicine, **researching** to unlock mysteries inherent in blood, and **connecting** donors to patients every day.

If you have any questions about or suggestions for upcoming issues of *LifeLink*, please contact Brooke Wilson at krannich@stanford.edu, or 650-723-8270.

Special thanks to the following for making our Canteen area more comfortable for donors:
 Better Bagels, Mountain View
 Hobe's, Palo Alto
 JJ&F, Palo Alto
 Stanford Floral Design, Palo Alto
 Sunnymount Produce, Mountain View

contact us:

888-723-7831
<http://bloodcenter.stanford.edu>
giveblood@med.stanford.edu



twitter.com/giveblood
facebook.com/stanfordbloodcenter
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Interested in donating financially to Stanford Blood Center? Check out <http://bloodcenter.stanford.edu/gift> or contact Michele Hyndman (mhyndman@stanford.edu; 650-723-8237)



100 donations:

- Juan Byron
- Gordon S. Covell, Jr.**
- Anne Faust
- Paul Gillick
- Gordon Hughes
- Evan Linick
- Arthur McClish
- John Murayama
- Frank Robertson
- Larry Robinson**
- Leroy Rodriguez
- Frances Scheiman
- Mark Schroeder
- Larry Speckels**
- Wesley Umeda
- Leslie Waters**



200 donations: Meredith Durant, Ronald Mancini, Betty Pipho



300 donations:

- Brian Hitchcock**
- James Levison



400 donations: Craig Nelson



calendar

We know you do it to save lives, but here are a few thank-yous we have planned for our donors.

Promotion» Greeting cards featuring children's artwork

- All Mobiles and Center Locations
- Monday, December 14, 2009 through Saturday, January 9, 2010

Each year we offer donors an item designed by a patient from Lucile Packard Children's Hospital. This year it's a bundle of five greeting cards, each with a different design.

Promotion» AMC Movie Tickets!

- All Center Locations
- Monday, December 21, 2009 through Tuesday, January 5, 2010

The holidays are a perfect time to catch a movie! Donate on one of the dates above and we'll give you a ticket for AMC Theatres.

Promotion» It's a Fare Deal

- All Center Locations
- Saturday, December 26 through Thursday, December 31

Each day one winner per Center will receive a gift certificate for two at a premium restaurant.

Promotion» 20% off at Sports Basement

- All Mobiles and Center Locations
- Now through Thursday, December 31

Have an active family? Want to get all your holiday shopping done in one place? Donate blood on one of the dates above and you'll receive a coupon for 20% off your entire purchase at Sports Basement.

Event» Get in the Habit II

- Hillview Center
- Thursday, January 7, 2010 from 12 p.m. - 7:30 p.m.

Now in its second year, our New Year's resolution health and wellness event has expanded in scope. We are proud to feature our new partner, Team in Training who will showcase the many opportunities for getting in shape and helping defeat blood cancers at the same time. Enjoy health and fitness demonstrations and free healthy cuisine. We will hold prize drawings for an annual membership to the YMCA and a two hour consultation with Lift Your Spirits Home Transformations.

Promotion» Battle of the Sexes

- All Center Locations
- Friday, February 5 through Thursday, February 11, 2010

A friendly challenge to see which donors, male or female, can donate the most blood during the period leading up to Valentine's Day. The results will be posted on our Web site. One lucky donor will win a gift certificate to a local restaurant and a trip for two on the world's largest airship, the Zeppelin NT.

Ongoing Promotion» Monday Movie Madness PLUS!

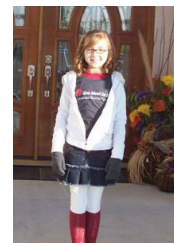
- Hillview & Campus Centers
- Mondays 7:30 a.m. - 3:00 p.m. at Hillview
- 7:00 a.m. - 10:30 a.m. at Campus (by platelet appointment only)

Donate at our Hillview Center any time on Mondays and you will receive a pair of AMC Theatres tickets. Receive the same pair of tickets when you give blood through an appointment for platelet donation at our Campus Center on Monday mornings.

In early 2010, we're rolling out a new and improved donor management wing of our Web site. More information to come about this in the coming months, but among the attributes of our new system are: a new point rewards program; special gifts of encouragement for our loyal DRBC, whole blood, and platelet donors; and real-time online appointment-making! You'll continue to have access to your donation history and health history.

We'll be offering these snazzy new T-shirts in our re-vamped donor store (see photo at right). For 300 points, you can have one of these lovely ringspun (read: very soft) charcoal grey T-shirts with the Stanford Blood Center logo! We even have women's cut tees in addition to the regular cut.

Special thanks to our petite model and blood recipient, **Brennah Payne**. You may recognize her from our events and brochures. What a cutie!



holiday hours for our three Centers: december

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	closed Sundays
21 regular hours	22 regular hours	23 whole blood: 7:30-3 platelets: 7-1	24 whole blood: 7:30-3 platelets: 7-1	25 closed	26 regular hours*	
january						
28 regular hours	29 regular hours	30 whole blood: 7:30-3 platelets: 7-1	31 whole blood: 7:30-3 platelets: 7-1	1 closed	2 whole blood: regular hours platelets: 7-3	

*Our Hillview Center will hold special platelet hours 7-3

around SBC

an update on what we—and **you**—have been up to

mobile blood drives»

Eric Stein, Senior Associate Athletic Director at Stanford, was among the crowd of happy donors at Rivals for Life.



Every year just before the Big Game, Stanford competes with Cal (via the Red Cross and UCSF) to see who can draw the most blood at our friendly Rivals for Life blood drives. Thank you to the Stanford BeWell program and the donors who gave 260 units of blood that helped us beat Cal for the 2nd year in a row! We beat them by 9!

blood recipients»

Here's an update we got via e-mail from **Wanda Shinaman**, mother of Madeline ("Maddie"), who you may have seen on posters in our Centers:

"I wanted to let you know how great Maddie is doing since her surgery. She is currently not using her oxygen tank, which has been a blessing. Her quality of life has been dramatically improved. I feel so blessed to have had the opportunity to have found Stanford Blood Center, LPCH, and Dr. Hanley."

Maddie's been quite busy trick-or-treating (with mom) and visiting sea lions!



media relations»

Our local CBS affiliate recently did a "Hi5" fly-over in their helicopter and we got to be on TV!



milestone donors ≡



This year's breakfast buffet for 100+ time donors was a fun success!



Happy donors **Gail, Craig, and Karen** take a moment to smile for the camera.



Our youngest speaker at the breakfast, **Brenniah Payne**, blood recipient, shows off her mini jersey next to **Dennis Barton** and **Dawn Chuck**, two avid cyclers. The jersey is available in our donor store for 8,000 points. See below if you want to just buy one now!

« research labs

Fighting diabetes in fat mice

By RuthAnn Richter, Director of Media Relations at Stanford University School of Medicine

Twin brothers working in labs 2,260 miles apart are part of a team of scientists who found a simple way to reverse the effects of Type 2 diabetes, at least in mice. The key, they found, lies in the powerful T-cell, an immune system cell that plays an important role in both diabetes and obesity.

Daniel Winer (he's the one on the left), a postdoc at Stanford working in the Blood Center's laboratory, says he and his brother, Shawn Winer, at the Hospital for Sick Children in Toronto, noticed that overfed lab mice had an imbalance in their T-cells.

Normally T-cells are a good thing to have, as they protect the body from all kinds of infections. But these fat mice had a preponderance of inflammatory (bad) T-cells, which are attracted to fat tissue. These inflammatory cells caused the mice to lose their ability to sense insulin, thus leading to diabetes. Interestingly enough, a similar pattern of T-cell imbalance was found in some human fat samples, suggesting the process might be at work in people as well.

Remarkably, the team of scientists was able to reverse the diabetic disease in mice by using a drug to correct the T-cell imbalance. The drug, called anti-CD3, lessened weight gain, normalized insulin resistance and helped the animals gain control of their blood sugar levels. And these improvements continued, even though the animals lived on a super-high fat diet. The researchers published the results in the latest issue of the high-powered journal *Nature Medicine*.

"This concept that T-cells play a role in regulating a physiologic function like blood sugar levels and possibly other obesity-associated abnormalities is novel. It opens up a brand new way of thinking about these conditions to develop new treatments," said Daniel, who works in the lab of Stanford Blood Center Director and pathology professor at Stanford, **Ed Engleman, MD**.

Shawn, the first author on the paper, is a postdoc in the University of Toronto lab of H. Michael Dosch, who is the senior author. What is particularly exciting, the researchers noted, is that anti-CD3 is a well-known drug, having been used for years to prevent organ rejection in both adult and pediatric transplant patients. Now clinical trials in people are needed to determine if it can help humans with diabetes as much as it has helped mice.



blood donors»



Celeste Pichel and Dustin Rhodes donated blood and enjoyed the festivities at our "Hearts of Summer" celebration.



The Azevedos make blood donation a family affair! Standing, from left: Steven, Alexander; seated, from left: Alyssa, Louise, Amanda.

Precious moments



Memories to Cherish:

According to mom, Cristina, "Because of the blood transfusions, Sebastian was able to experience things that most people take for granted. We will carry these special experiences in our hearts always:

- **Swim lessons** at Petite Baleen Swim School in Half Moon Bay (he loved the water, even dunking his head under water made him smile).
- Mommy & me **playdates** at Child & Family Institute in Menlo Park where the teachers worked so hard to prepare an especially clean environment for him to play in.
- He attended Woodside Parents Nursery School and loved **exploring** in their outside play yard with sand and paints.
- Visiting the **pumpkin patch** at Halloween with his big brother.
- **Playing** at the San Jose Children's Museum.
- **Sitting on Santa's lap** and riding the merry-go-round at Gilroy Gardens."



The benefits of giving blood are not limited to merely extending patients' lifetimes, for blood donations are also pivotal in enhancing the lives of patients. For Sebastian Moustirats, the blood donations of countless strangers contributed to a joyous, precious twenty months of life that would have otherwise been impossible.

Sebastian was diagnosed with Wiskott-Aldrich Syndrome (WAS), a condition that left him prone to dangerous bleeding and necessitated the transfusion of platelets one to two times a week, as well as red blood cell and plasma transfusions. His diagnosis prompted parents Christophe and Cristina to learn about the condition and find out all they could about treatment, which led them to the discovery that Sebastian's only chance of survival was a bone marrow transplant.

They then began a global search for a donor suitable to donate bone marrow to Sebastian and also sought help from their local community in the form of blood donations. Cristina and Christophe organized their own blood drives in Sebastian's name, in order to ensure blood components were available when he needed them and also to help restock the blood that he was using so frequently. "The transfusions kept him alive and gave us hope," explained Cristina. "They were the reason why we were able to do so many things."

Their search lasted a year and a half, ranging from California to Europe, but sadly a perfect match was not found. Nevertheless, Sebastian was still able to enjoy a full, rich twenty months of life surrounded by his loving family and

friends with the help of blood products. "Without platelet transfusions he wouldn't have been able to live at home and have a normal family life," said Cristina. "We were able to share events, build memories, and spend holidays together as a family at home. That was a huge gift."

The Moustirats have started their own WAS Foundation, dedicated to helping families, caregivers, and patients diagnosed with WAS and other immunodeficient disorders. They hope that, "in time we can help other families by sharing our story and path we took and hopefully encourage more people to give blood. The transfusions gave Sebastian a better quality of life, not to mention giving us more time with him," noted Cristina.

The Moustirats are deeply appreciative of all the blood donations and community support given throughout their experience. "We were so touched," said Cristina, "by all the people who didn't even know him and unselfishly gave of themselves." Blood donors truly do make an enormous difference in the lives of patients and their families.

—Amanda Baker



photos by John Williams

A new lab test may change eligibility for female platelet donors»

We are so grateful to have loyal blood donors like you. You always help us when our patients (like Maddie, featured below) are in need. Powered by your generous donations, we at SBC have a responsibility to provide our community with a safe and adequate blood supply. To this end, next year, we're going to ask certain platelet donors to help us out in a different way: by donating whole blood instead of platelets.

Transfusion-related acute lung injury (TRALI) is a rare but serious complication of blood transfusions that is thought to be most commonly caused by a reaction to white blood cell antibodies present in the donor's plasma. When transfused, these antibodies can sometimes cause plasma to leak into the patient's lungs, creating fluid accumulation—a condition referred to as acute pulmonary edema.

Donors who are most likely to have these antibodies in their plasma are women who have been pregnant and developed antibodies as a result of exposure to fetal blood. Once the antibodies develop, they're present in the blood forever. **The antibodies are perfectly healthy for an individual to have in their own blood, but could be harmful if transfused into another person.** The antibodies are present in plasma—and platelet donations actually contain a high volume of plasma, so our current efforts are directed at adjusting the eligibility requirements for platelet donors.

In early 2010, we will begin performing a new Human Leukocyte Antigen (HLA) antibody test on platelet donors who have had three or more pregnancies. The donation process will not change at all; donors will register as usual, but there will be an additional question for platelet donors on the Medical History Questionnaire: "Have you had three or more pregnancies?" A "yes" answer to this question prompts our lab to perform the HLA antibody test.

Approximately 30% of women who have had three or more pregnancies will test positive for the antibodies. We will notify donors of positive results by a phone call and a follow-up letter. Women who test positive for these antibodies will not be eligible to donate platelets in the future, but we will strongly encourage them to continue giving back to our community by donating whole blood or red cells instead.

Donors who test negative for HLA antibodies will be notified by mail, and will continue to be eligible to donate platelets.

In May, 2007, we stopped producing transfusable plasma from women with a history of pregnancy in an effort to reduce the risk of TRALI reactions. Plasma given by these donors is instead used to create gamma globulin, which helps patients with weakened immune systems, and won't cause a TRALI reaction. There has been an encouraging reduction of instances of TRALI in the last few years, and with a new strategy for testing platelets, we hope to make TRALI a thing of the past.

TRALI, plasma, and whole blood»

Plasma is the liquid component of blood. It's what all of the other cells such as red cells and platelets float around in. When donors give whole blood, plasma is of course included in the donation. However, it is extremely rare that we ever send an un-separated unit of whole blood to a hospital; hospitals have to make a special request for that.

Our lab separates each unit of whole blood into red cells and plasma. That means that one whole blood donation translates into multiple units of "products," and hospitals are able to help multiple patients with just one donation.

This separation process makes it possible for women who test positive for HLA antibodies to continue their service to our community as a whole blood donor. As explained in the main article, plasma derived from their whole blood donations will be used to create medicine for patients with weakened immune systems that won't cause a TRALI reaction.

Why we donate: a reminder

Pulmonary hypertension, overriding aorta, and pulmonary atresia are a few of the health obstacles in five-year-old Maddie's life. She has received the lifesaving gift of blood, especially red blood cells, with each of her surgeries.

Maddie's parents brought her to Lucile Packard Children's Hospital to see a pioneering pediatric cardiologist, and now have renewed hope. "We're so fortunate to be seeing a renowned specialist in this field. Instead of suggesting that we prepare for her passing, they've given us hope that Maddie will be able to get around without the oxygen tube after two more surgeries."

As evidenced by the recent pics of Maddie here and on page 3, her surgery was quite successful! Look at that sweet girl go!



Maddie, before she could get around without the oxygen tube.



Now she's free to visit her favorite aquatic friends untethered! What a beautiful sight!



Give blood for life!

STANFORD BLOOD CENTER

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Palo Alto, CA 94304-1204
<http://bloodcenter.stanford.edu>

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Hillview

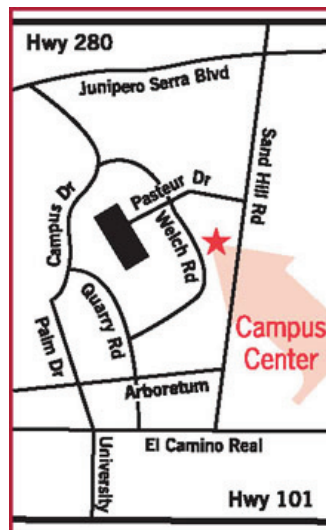
Donor Center
3373 Hillview Avenue
Palo Alto, CA 94304



Monday 7:30 am to 3:00 pm
Tuesday 7:30 am to 3:00 pm
Wednesday Noon to 7:30 pm
Thursday Noon to 7:30 pm
Friday 7:30 am to 3:00 pm
Saturday 7:30 am to 3:00 pm
Sunday Closed

Campus

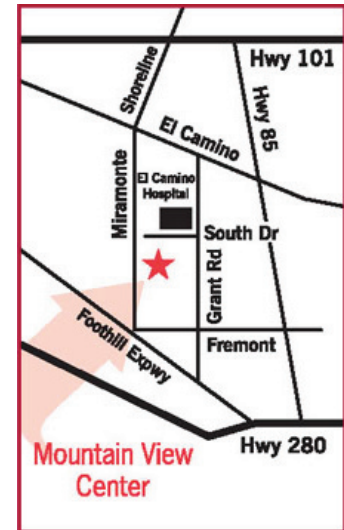
Donor Center
780 Welch Road, Suite 100
Palo Alto, CA 94304



Monday Noon to 7:30 pm
Tuesday Noon to 7:30 pm
Wednesday 7:30 am to 3:00 pm
Thursday Noon to 7:30 pm
Friday 7:30 am to 3:00 pm
Saturday 7:30 am to 3:00 pm
Sunday Closed

Mountain View

Donor Center
515 South Drive, Suite 20
Mountain View, CA 94040



Monday Noon to 7:30 pm
Tuesday 7:30 am to 3:00 pm
Wednesday Noon to 7:30 pm
Thursday Noon to 7:30 pm
Friday 7:30 am to 3:00 pm
Saturday 7:30 am to 3:00 pm
Sunday Closed