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Published: Sept. 5, 2012 Updated: 3:12 p.m.

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Hoag Health: Castles are a royal family of blood donors

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By RICHARD DUNN / THE CURRENT

While donating blood has captured the spirit of an entire family of four, the pinnacle of their collective achievements is still a family outing away.

"It's been one of my dreams to get my whole family over to Hoag to all donate blood at the same time," said Teresa Castle, a registered nurse at Hoag Hospital in Newport Beach for more than 25 years.



L-R: Alicia, Bob, Teresa and Daniel Castle.

Teresa is the proud mother of Alicia and Daniel, and wife to husband, Bob, chief information officer of Roland DGA in Irvine. Over the years, her family has donated blood in a number of ways to many organizations, including Hoag, but has never had the chance to donate together.

"As a nurse, I definitely understand the importance of blood donation, and donating to your local hospital," Teresa said. "When you donate at a hospital, your blood is going directly to that hospital's patients. I like knowing that my donation directly supports my community, friends and family."

In an average month, Hoag needs more than 2,000 units of blood, with blood type O being the most in demand. One blood or platelet donation can benefit up to three patients in need.

Teresa, who started out working in the critical care units at Hoag, now serves the Gastrointestinal (GI) Lab, assisting doctors with colonoscopies and upper endoscopies.

"In many areas of the hospital there are patients in need of blood transfusions, sometimes in massive amounts," she said. "Years ago, I donated blood for a fellow co-worker who delivered twins and was very anemic from the blood loss. Another time I donated for a co-worker's newborn that was hospitalized and needed a transfusion. I enjoy donating through the Hoag Blood Donor Center because they make it easy with appointments and are available at all different times. They always treat you like a VIP when you donate there."

Hoag Blood Donor Services holds blood drives each month, sponsored by local eateries, gourmet food trucks and offering opportunity drawing prizes as a way to thank donors.

Donating blood is a relatively easy and painless procedure. The safety of the nation's blood supply is dependent on volunteer blood donors. However, statistics indicate that only 2% of the eligible donors in Southern California participate in blood donation, while a surprising 60% of the nation's population will require a blood transfusion at some time in their lives.

Consider donating. For more information, call 949-764-5621 or visit hoag.org.

Hoag has urgent care health facilities or hospitals in Newport Beach, Costa Mesa, Irvine, Tustin, Huntington Beach, Fountain Valley, Aliso Viejo, Orange and Anaheim Hills.

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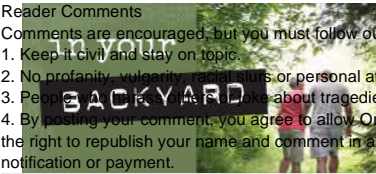
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