

## The Life Saving Properties of Cord Blood

Of the 4 million births in the United States each year, more than 90 percent of the stem cells in cord blood are discarded as medical waste. CordBloodAwareness.org was created out of a need to increase awareness about the life-saving power of umbilical cord blood stem cells to help parents save them for their own family or donate them to help others. Current estimates indicate that approximately 1 in 3 Americans could benefit from regenerative medicine. This figure is based on future increased use in adults and growing research showcasing the great promise of using stem cells to treat major diseases. More than 200 National Institutes of Health (NIH) funded clinical trials with cord blood are currently being conducted in the U.S. alone.

### Answers to Frequently Asked Questions

#### What is cord blood?

Cord blood, or umbilical cord blood, is the blood that remains in the umbilical cord and placenta at the time of birth. Typically, the placenta, umbilical cord and cord blood are discarded after delivery as medical waste. However, medical science now recognizes that cord blood is a rich source of stem cells, which can be collected, processed and cryogenically preserved for potential, future use.

**"My brother's cord blood saved my life."**  
 - Joseph Davis Jr., Cedar Hill, Texas,  
 a 7-year old boy who testified before the Florida Senate health policy committee on the importance of cord blood stem cell education. He was cured of sickle cell anemia with a transplant using his younger sibling's cord blood stem cells.

#### Will the procedure hurt the baby or leave a mark?

No. The cord blood is collected only after the baby has been delivered and the umbilical cord has been cut. The procedure is completely non-invasive, and the baby is not harmed by the procedure.

#### Is the procedure risky?

No. Cord blood is collected from an umbilical cord immediately after the baby has been delivered. The collection can only take place at the time of the delivery. There is absolutely no risk or pain to the mother or child during the collection process, since the blood is harvested from the cord once it has been cut.

#### How long does it take to collect the cord blood?

The procedure takes just a few minutes in the delivery room, immediately after the baby has been delivered, and before the placenta and umbilical cord are thrown away as medical waste.

#### Will the collection interfere with the birthing process?

No, because the baby has been delivered prior to the cord blood being collected.

#### How can I find out about private family banks?

There are a number of private banks within the United States. An excellent website to find out more information on family banking is [www.parentsguidecordblood.com](http://www.parentsguidecordblood.com)

#### How can I find out how to donate to a public bank?

You can find out more about donating to a public bank by clicking on the following National Marrow Donor Program link <http://bethematch.org/About-us/>

## Heat-related Illnesses and First Aid

**Heat stroke**, the most serious form of heat-related illness, happens when the body becomes unable to regulate its core temperature. Sweating stops and the body can no longer rid itself of excess heat. Signs include confusion, loss of consciousness, and seizures. **"Heat stroke is a medical emergency that may result in death! Call 911 immediately.**



**Heat exhaustion** is the body's response to loss of water and salt from heavy sweating. Signs include headache, nausea, dizziness, weakness, irritability, thirst, and heavy sweating.

**Heat cramps** are caused by the loss of body salts and fluid during sweating. Low salt levels in muscles cause painful cramps. Tired muscles—those used for performing the work—are usually the ones most affected by cramps. Cramps may occur during or after working hours.

**Heat rash**, also known as prickly heat, is skin irritation caused by sweat that does not evaporate from the skin. Heat rash is the most common problem in hot work environments.

For more information go to [www.osha.gov/SLTC/heatstress/heat\\_illnesses.html](http://www.osha.gov/SLTC/heatstress/heat_illnesses.html)\*

\*Source: US Dept. of Labor [www.osha.gov](http://www.osha.gov)



## The Truth About Eye Injuries

- Nearly half (44.7 percent) of all eye injuries reported during the fifth-annual Eye Injury Snapshot (conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma) occurred in the home.
- More than 40 percent of the injuries reported were caused by projects and activities such as home repairs, yard work, cleaning and cooking. More than a third (34.2 percent) of injuries in the home occurred in living areas such as the kitchen, bedroom, bathroom, living or family room.
- More than 40 percent of eye injuries every year are related to sports or recreational activities.
- Eyes can be damaged by sun exposure, not just chemicals, dust or objects.



- Among all eye injuries reported in the Eye Injury Snapshot, more than 78 percent of people were not wearing eyewear at the time of injury. Of those reported to be wearing eyewear of some sort at the time of injury (including glasses or contact lenses), only 5.3 percent were wearing safety or sports spectacles.
- Men are more likely to sustain an eye injury than women.