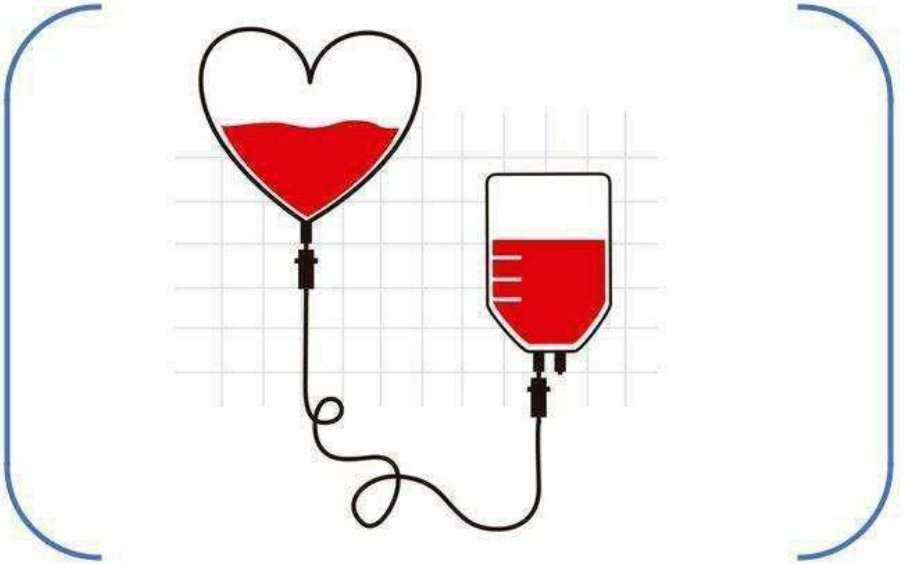
AD SPEM

FAO STAFF COOP Rome

Blood is essential to life, but it cannot be reproduced in a laboratory. For this reason it is necessary that everyone contributes to saving human lives through blood donation.

PUT YOUR LOVE INTO THE CIRCLE



DONATE BLOOD

In Rome and the Lazio region, more than 600 units of blood are missing every day to assist patients - a very serious deficiency involving blockages and delays in surgical procedures needing blood. This emergency becomes more evident when extraordinary and unpredictable events such as accidents, earthquakes, etc. occur. It would therefore be beneficial that anyone who is in good health donate periodically in order to guarantee a constant supply of blood. The donor thus becomes the direct and indispensable protagonist of a real social and preventive medicine programme.

Why DONATE BLOOD?

Donating blood is a simple gesture that can represent a life-saving therapy in many cases:

- in the event of traumatic events
- in the event of scheduled surgical procedures
- in the event of chronic diseases of the blood
- for overcoming of critical situations, due to blood diseases (leukemia) or the effects of anti-cancer chemotherapy

With a donation **you can save three lives!** When the blood taken, it is separated into three components - red blood cells, plasma and platelets - that can be used for three different patients respectively.

Easier done then said...

The donation only lasts about **10 minutes** and is painless and risk-free.

The material used for the collection is sterile and disposable, as a precaution for both the donor and the recipient.

The donated blood is **regenerated by the body**, which **recovers all the lost fluids within 24 hours**.

On the day of the donation, the donor, at his own discretion, **can take a day off** (D.LGS n.219 of 21/10/2005), requesting a certificate from the doctor responsible for the collection.

The donation can be either occasional or periodic. The donor becomes a periodic donor when he or she has given blood more than twice.

Donating blood allows you to take care of your health

The blood donor must comply with specific criteria. For this reason Ad Spem also raises awareness with regard to a **proper lifestyle** and takes cares of the **constant monitoring of the health status of the donor**, triggering a **virtuous prevention activity**.

For each donation, analyses are performed free of charge, and for the periodic donor additional checks and medical examinations are carried out (for information on what specialist visits are available, contact the reference Transfusion Centres).

Frequent controls and regeneration of blood due to donation prevent the onset of the most common diseases.

Before donating blood, remember to...

HAVE A LIGHT BREAKFAST with tea - coffee - fruit juice - rusks with jam or honey.
NO MILK OR MILK DERIVATIVES AND FATTY FOODS.

Bring with you your **MEDICAL CARD** and a **VALID ID DOCUMENT** (identity card, driving license or passport).

Aspiring donors are invited to complete a **questionnaire about their health and lifestyle.** Then **a thorough medical examination** follows.
People who meet the following **eligibility criteria** can donate blood:

- Age between 18 and 70 (for the first donation up to age 60, plus an extra evaluation by the doctor)
- A weight not less than 50 kg
- Arterial pressure: systolic 110-180 mmHg
- Pulse 50/100 beats/min, regular
- Haemoglobin not less than 12.5 g/dL for women and 13.5 g/dL for men

SOME EXCLUSION CRITERIA FOR THE DONOR

TEMPORARY EXCLUSION

Just given birth	6 months
Interruption of a pregnancy	6 months
Menstrual cycle in progress	(to assess)
Allergies	ongoing
Gastric and/or duodenal ulcer	ongoing

Vaccinations
Vaccinazioni

	from 48 hours
(Measles, Polio, Mumps, Yellow fever, Rubella, Hepatitis A, Hepatitis B, Meningitis, Influenza)	to 4 weeks (to assess)

Infectious diseases (to assess by healing)

Mononucleosis	6 months
Toxoplasmosis	6 months
Rubella	4 weeks
Chickenpox	4 weeks
Brucellosis	2 years
Influenza	2 weeks
Major surgical interventions (subject to medical evaluation) Minor	4 months
surgical interventions Implantology	1 week
Dental interventions with autologous	1 week
or homologous bone grafting	4 months
Dental hygiene and minor interventions	48 hours
Tattoos	4 months
Acupuncture*	4 months
Drilling ears / Piercing *	4 months
*When performed with single-use instruments	48 hours
Travel	(to assess)

Transfusion of blood components or blood products

Immunoglobulins	4 months
Sexual relationships at risk	4 months

Pharmaceutical intake

Non-steroidal anti-inflammatory drugs exceeding 1 dose	5 days (to assess)

(e.g. Aspirin, Novalgina, Aulin, Voltaren, Naprosyn, Brufen, Moment, etc.)

PERMANENT EXCLUSION

- Chronic alcoholism
- Taking of narcotics, steroids or hormones for the purpose of physical bodybuilding
- Hepatitis B, C or indeterminate etiology
- HIV infection 1-2, from HTLV1-2
- Syphilis
- Cornea/dura mater transplants
- Prior treatment with human pituitary extracts
- Stay for more than 6 months cumulative in the United Kingdom between 1980 and 1996
- Transfusions received in the United Kingdom after 1980
- Malignant neoplasms, except "in situ cancer" of the uterine cervix or basal cell carcinoma with complete healing
- Insulin-dependent diabetes
- Severe hypertension or treatement with B-blockers
- Multi-organ autoimmune diseases excluding celiac disease as long as the donor follows a gluten-free diet
- Chronic nephropathy

AD SPEM

Ad Spem was founded in 1978 with the purpose of finding blood donors on behalf of the University Transfusion Center of Policlinico Umberto I of Rome, collaborating with the Chair of Haematology of Prof. Franco Mandelli for the treatment of leukemia and other blood cancers.
The ISO 9001 quality certification was obtained in 2008. .
The Medal from the President of the Republic was received in 2010.

Over time it has become an active tool to encourage donation, achieved through a cultural growth of increasingly large sections of the population (schools, public and private bodies, ministries), in order to bring about self-sufficiency in the Lazio Region.

To date, thanks to the commitment of its volunteers and collaborators, Ad Spem has over 30 000 associated donors.

www.adspem.org

COME AND DONATE BLOOD, IT IS IMPORTANT FOR YOU AND FOR OTHERS

Blood donation day

promoted by **FAO STAFF COOP** - Rome office in collaboration with **AD SPEM** – Associazione Donatori Sangue

Tuesday 14 APRIL 2026

from 8.00 to 11.30

@FAO HQ – in the outdoor area in front of the Atrium (Sheikh Zayed Center Side, opposite the new multi-storey parking garage)

You must send a reservation email at address:
prenotazioneadspem@gmail.com **by Thursday 9 April**
sending a copy of Codice Fiscale and a valid ID document (identity card, driving license or passport). Please also indicate if you have travelled outside Europe in the last year and when you returned to Italy.
When booking, you can indicate a desired time (between 8:00 and 11:30 a.m.), which will be taken into consideration if possible.

IMPORTANT:

A fundamental criterion for eligibility to donate is knowledge of written and spoken Italian.
The day of donation, the donor will have to complete the questionnaire and be interviewed in Italian, without the help of intermediaries or translators;

Give your "5 per mille" to Ad Spem

CF: 96084770583

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