



Be a Hero. Donate Plasma.



Plasma-derived therapies are used daily by thousands of individuals worldwide with chronic, rare conditions, including those living with primary immunodeficiencies (PI). The global demand for plasma to create these therapies has been steadily increasing. Now more than ever, we need heroes to step up and donate plasma if we want to continue to treat those who rely on it.

The Immune Deficiency Foundation (IDF) initiative, Plasma Hero is a resource designed to guide individuals through the journey of plasma donation, encourage others to donate, and better support those who rely on plasma-based products.

WHO YOU HELP WHEN YOU DONATE

It takes more than 130 plasma donations per year to treat one patient with primary immunodeficiency.

Primary immunodeficiencies, also known as inborn errors of immunity (IEI), are more than 450 rare, chronic disorders in which part of the body's immune system is missing or does not function correctly, affecting an estimated 500,000 people in the United States. Most of those living with PI are treated with immunoglobulin therapy (plasma-derived therapy), making plasma critical.

Visit our
website today!



plasmahero.org



You're a Hero!

Thank you for donating
plasma and saving lives!





Here's how to keep making a difference:

- Come back to donate again (and again and again)
- Invite a friend or family member to donate with you
- Share your story on plasmahero.org
- Take a selfie of yourself donating plasma, share with your friends and use [#plasmahero](https://www.instagram.com/explore/tags/plasmahero/)
- Follow us on social media [@PlasmaHero](https://twitter.com/PlasmaHero)
- Make your appointment to donate again

Ready to answer the call and share your hero story?

Visit www.plasmahero.org!

Plasma Hero is an initiative of the Immune Deficiency Foundation.



VISIT THE WEBSITE



SHARE YOUR STORY



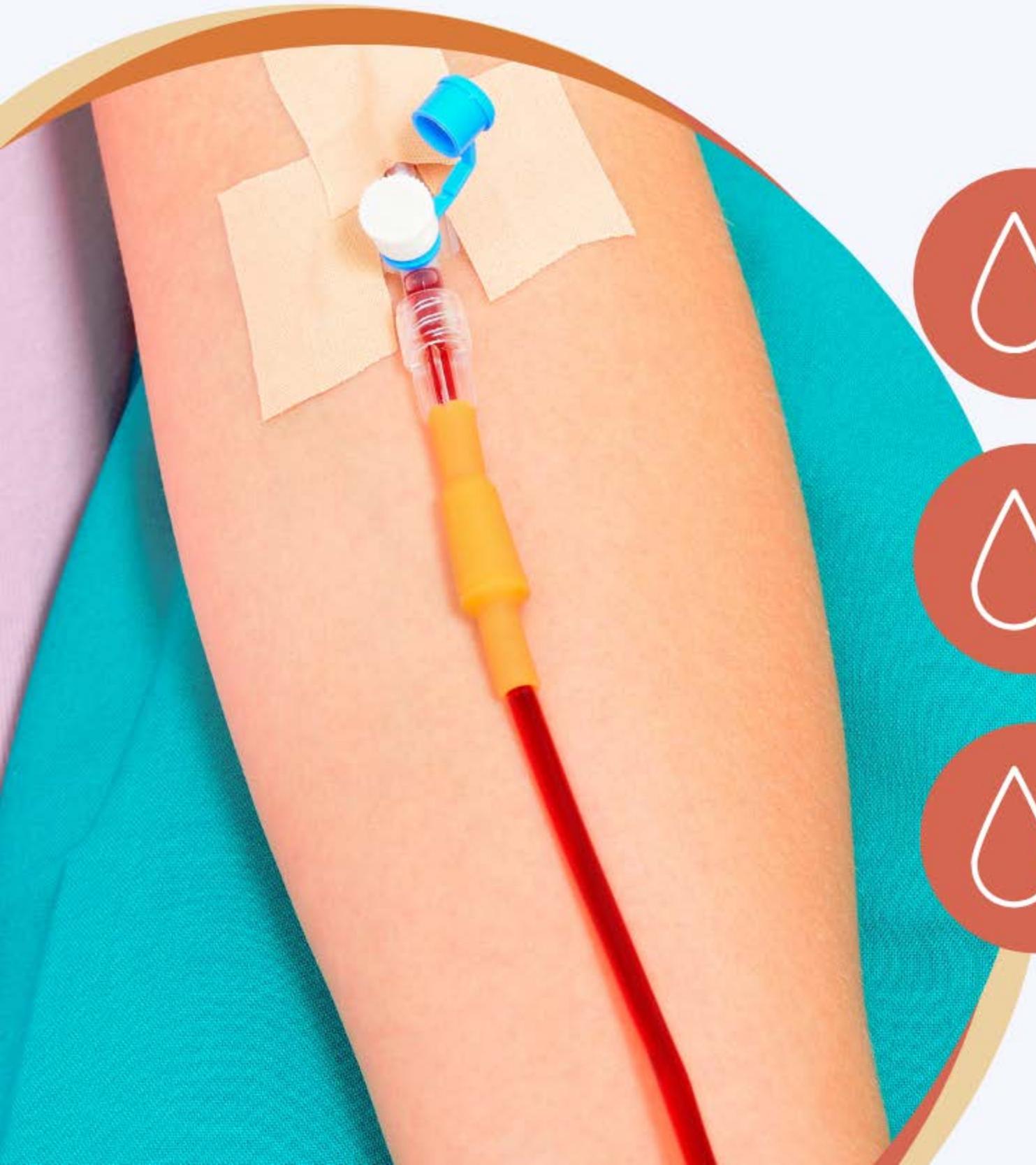
I am a
**Plasma
Hero**

an initiative of the Immune Deficiency Foundation



What's in plasma?

Plasma makes up about 55% of your blood.
So, what actually is plasma?



90%
WATER



7%
PROTEINS
albumin,
immunoglobulin, etc.



3%
OTHER
minerals, salts, fats, etc.

PLASMA

often given to trauma, burn, or shock patients, but is also used to create plasma protein therapies that are used to help treat a wide variety of chronic, rare diseases, such as



PRIMARY
IMMUNODEFICIENCIES



ALPHA-1
DEFICIENCIES



HEMOPHILIA



GUILLAIN-BARRE
SYNDROME/CIDP



BURNS/SHOCK/TRAUMA



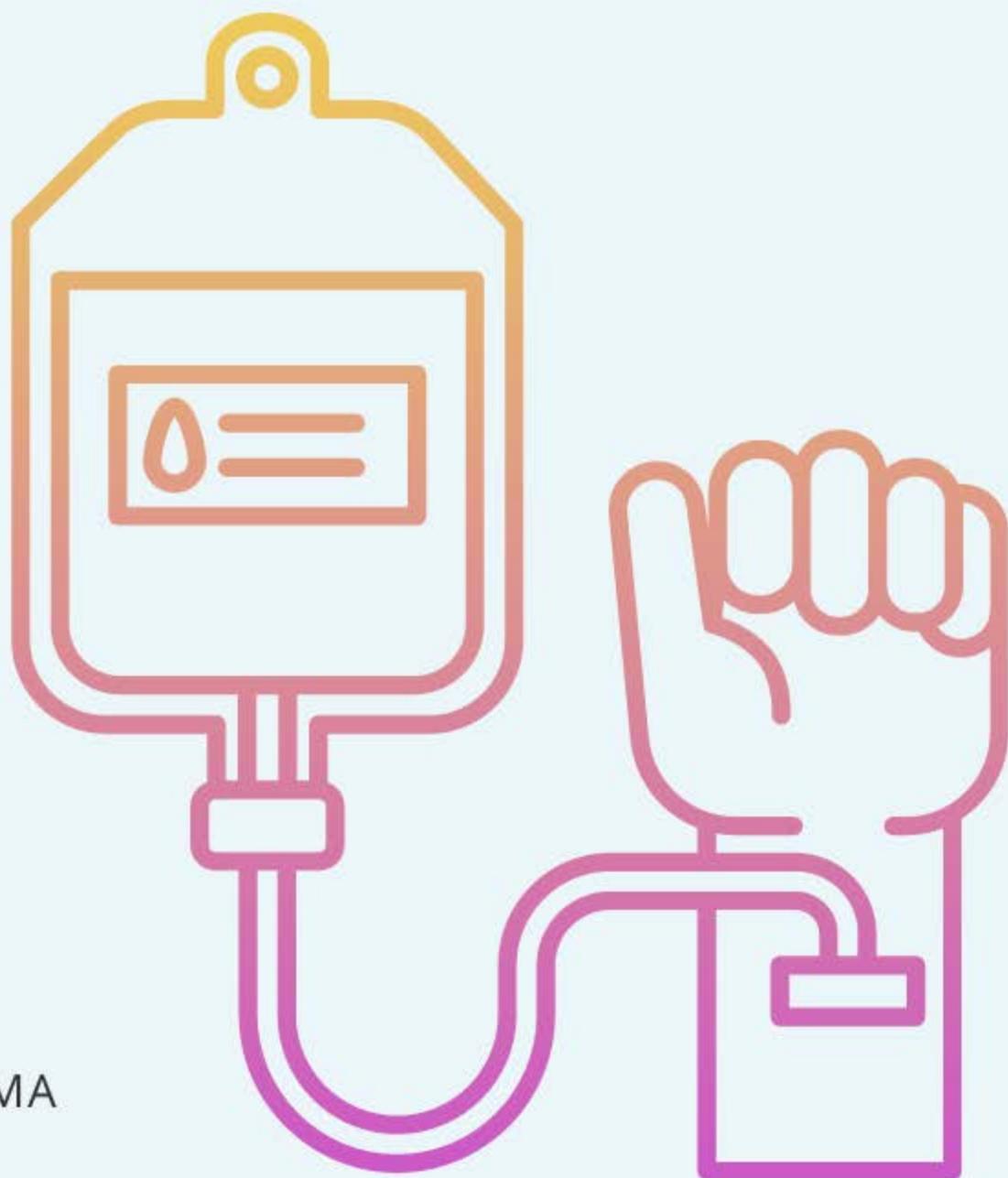
KAWASAKI DISEASE



HEREDITARY ANGIOEDEMA



AND MORE





It can take upwards of
1,200 donations
to treat one patient with
hemophilia for one year.

WHO CAN DONATE PLASMA?



Over the age of 18



Weigh more than 110



Be in good health



Ready to save lives