

For the past seven years, Margaret “Peggy” Tierney has worked as a mammographer in the Lee Bell Center for Breast Imaging. During that time, she has donated nearly 3.5 gallons of blood at the BWH Blood Donor Center.

Tierney often donates as a “walk-in” – a person who does not have an appointment - and is usually done within 30 minutes. While donations typically take 15 minutes, the center recommends allowing an hour from start to finish to factor in time for check-in, confidential eligibility screening, donation, and a brief post-donation rest and snack.



Peggy Tierney

For those who have schedule concerns, making an appointment is the best way to minimize wait time.

Female donors can be prone to low hematocrit levels, so a few days prior to donating, Tierney will include foods in her diet that are good sources of iron, such as dark green vegetables and red meat. “Usually some spinach will do the trick...and a cheeseburger!” says Tierney with a laugh.

“It really doesn’t take much to donate,” she says. “The fact that my donation will help somebody with a serious illness, even save a life, is all I need to know to keep on donating as often as I can”

This year the Joint Program in Transfusion Medicine at Dana-Farber and BWH will transfuse more than 37,000 units of red blood cells. Volunteer donors are the only source of blood for patients who need blood transfusions. To make an appointment to donate, or for more information, contact the BWH Blood Donor Center at (617) 732-6620 or email blooddonor@partners.org.