



# News Release

STANFORD UNIVERSITY MEDICAL CENTER

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## **2008 OLYMPIC SOCCER GOLD MEDALIST TO JOIN STANFORD SOCCER STAR IN DONATING BLOOD**

STANFORD, Calif. – Olympic gold medal winner Nicole Barnhart from the U.S. women's soccer team and Stanford University soccer star Erica Holland will donate blood Oct. 3 at the Stanford Blood Center's Hillview Donor Center at 3373 Hillview Avenue in Palo Alto. They will also be available from 10:30 a.m. until 12:30 p.m. to chat with donors and sign autographs. People who are interested in meeting Holland and Barnhart, who also played for Stanford's soccer team, are encouraged to make an appointment to donate.

"I want to be a doctor and go into the field of medicine, so I realize how important it is to donate blood," said Holland. The athletes hope that others will take their lead and become blood donors. "Imagine if it were you who needed blood and your life depended on someone donating," added Holland.

Currently, the blood center is below minimum inventory in most blood types. "We're thrilled that Nicole and Erica are taking time from their busy schedules to donate and encourage others to give the life-saving gift of blood," said Michele Hyndman, spokesperson for the blood center.

Donors can call (650) 723-7831 or toll-free (888) 723-7831 to make an appointment and get directions. Donors should be in good health with no cold or flu symptoms. They must eat well prior to donation, drink fluids and present photo identification at the time of donation. The process takes about an hour.

For more information or to schedule an appointment online, please visit <http://bloodcenter.stanford.edu>.

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**Stanford University Medical Center integrates research, medical education and patient care at its three institutions — Stanford University School of Medicine, Stanford Hospital & Clinics and Lucile Packard Children's Hospital at Stanford. For more information, please visit the Web site of the medical center's Office of Communication & Public Affairs at <http://mednews.stanford.edu>.**