

Dear Readers,

In this book we talk about
big concepts in simple
and imaginative ways.

We recognize that bloodwork
can be a scary experience for
children and their families.

In this story we tell you
all about how blood is both
our friend and detective and
helps us in so many ways...

Little Aspen goes to the doctor feeling unwell.
Dr. Kewmed examines little Aspen and then says:



**“I don’t know why you are feeling unwell so I’m
going to have to do some tests.”**

Aspen: **“Do I have to study for this test?”**

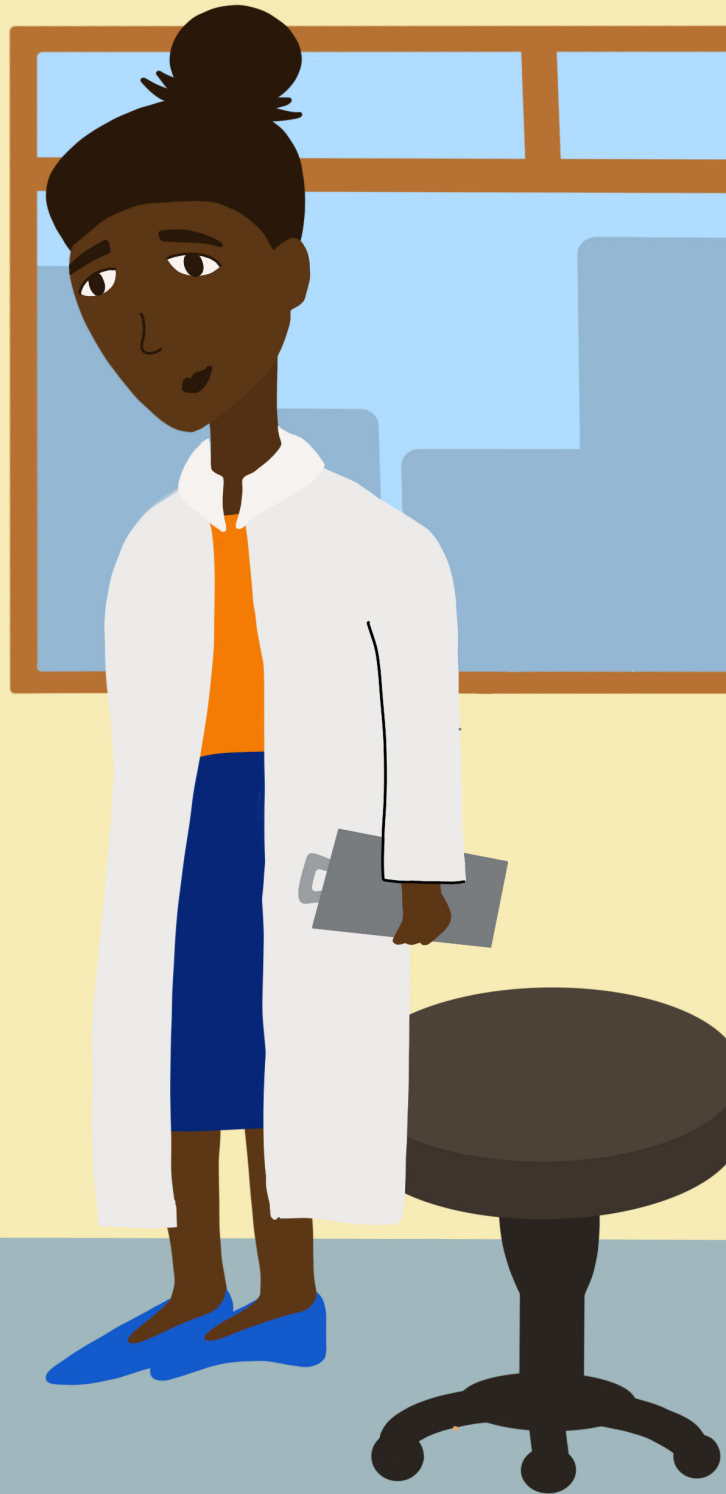
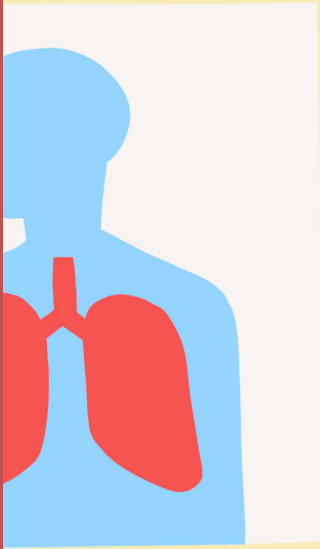
Dr. Kewmed: **“No, this is not a school test, this is a blood test. It involves a needle and will be very quick. You’ll feel some pressure and a bit of pain, but it is over very quickly.”**

Aspen: **“That sounds scary. I don’t want a needle. Why do I have to do this?”**

Dr. Kewmed: **“Well, sometimes I can figure things out on my own, but sometimes I need the help of a friend. Did you know blood is your friend? Blood is actually very smart and does all sorts of helpful things in your body. Blood is super social and kind of a cool detective too.”**

Aspen (wide-eyed): **“Like blood solves mysteries?”**

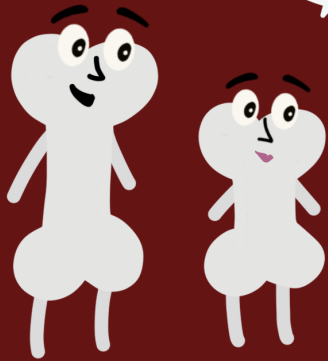
Dr. Kewmed: **Yes, exactly, and blood does so much more too! Let me tell you about blood and how I like to imagine it doing important work in the body...**



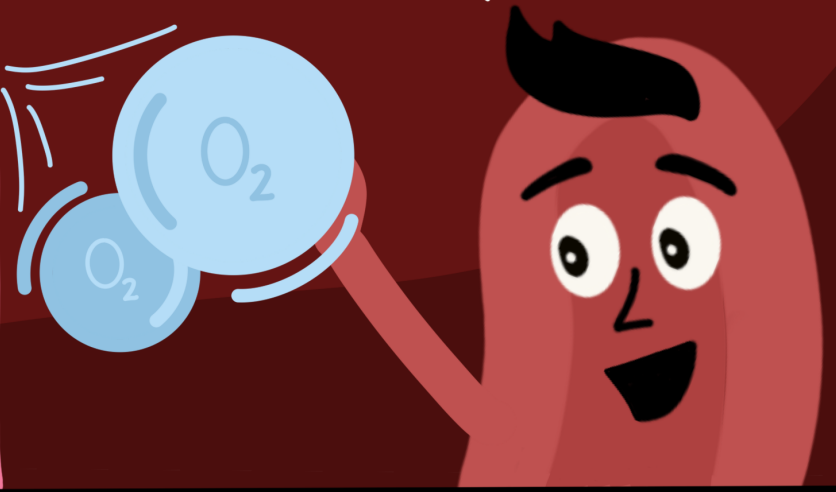
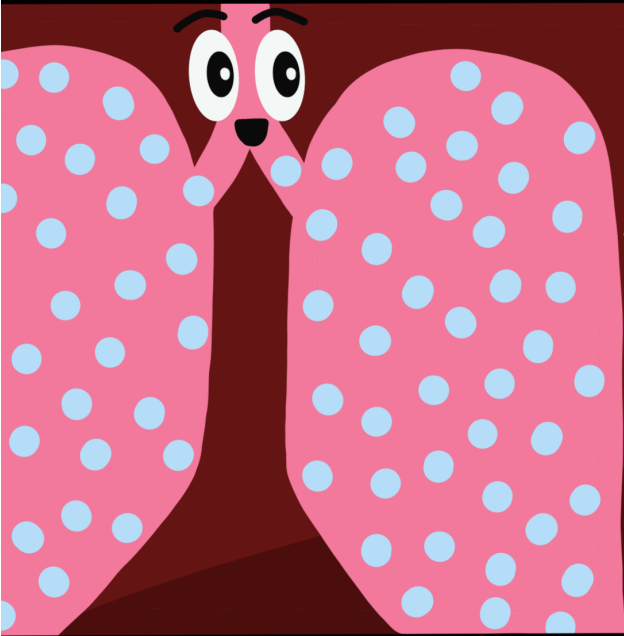
Be careful, blood!

Not too fast!

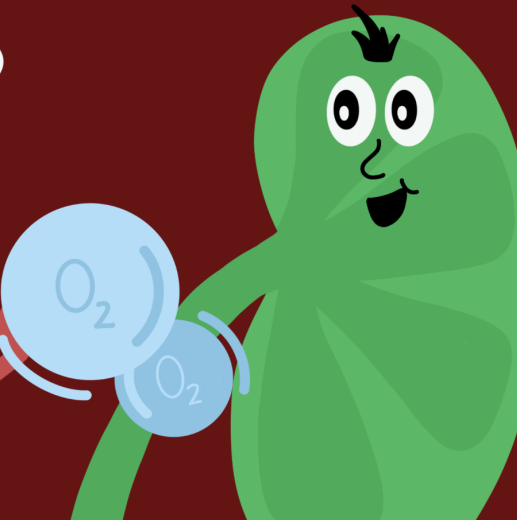
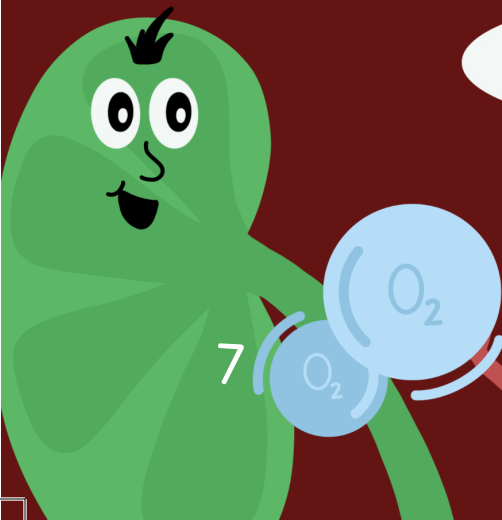
Off I go to get some oxygen!



Thanks for the oxygen, lungs!



Hey, kidneys! Look what I have for the two of you!



Blood is a bit nosy and chats up everyone. Even when they are busy and don't have time to chat, Blood will stop to ask how they're doing. Blood can be a bit of a social butterfly.

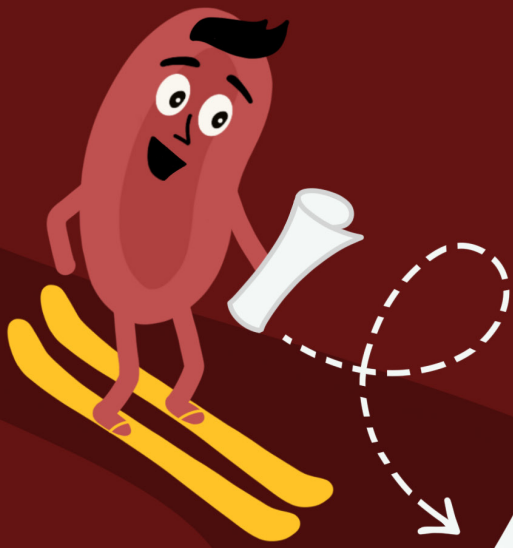
Blood visits their friend Liver, the part-time garbage collector and part-time cook. Liver helps Blood by collecting and removing blood's garbage. Liver also likes to cook up creative meals of essential nutrients that blood likes to taste.

Blood visits their friends, the Kidneys, a pair of twins that have this really great spa in their home.

Blood takes a bath and filters out all of the dirt blood collected while skiing through the body.

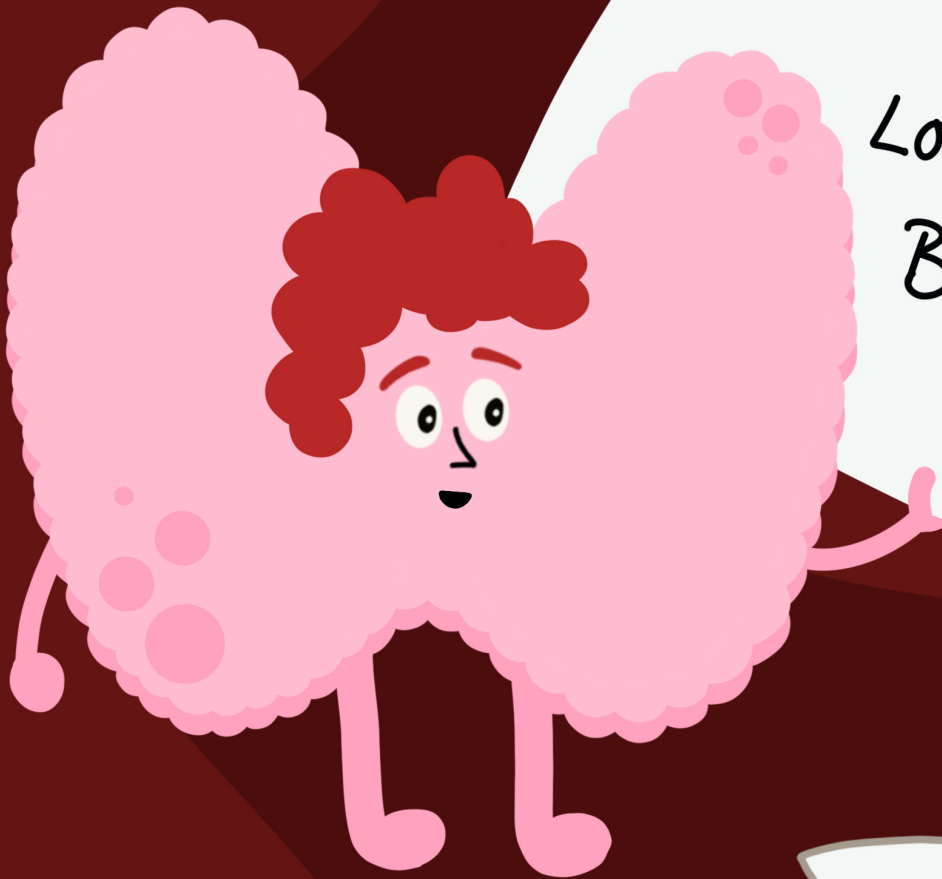
Blood stops by at different glands to collect messages, called hormones, for other parts of the body.

Sometimes as blood is visiting one gland, such as the thyroid, it will drop off a message from another gland friend, like the Big Boss Brain.



Dear Thyroid,
Please tell
Bones to grow.
Thanks!

Love,
Brain ♡

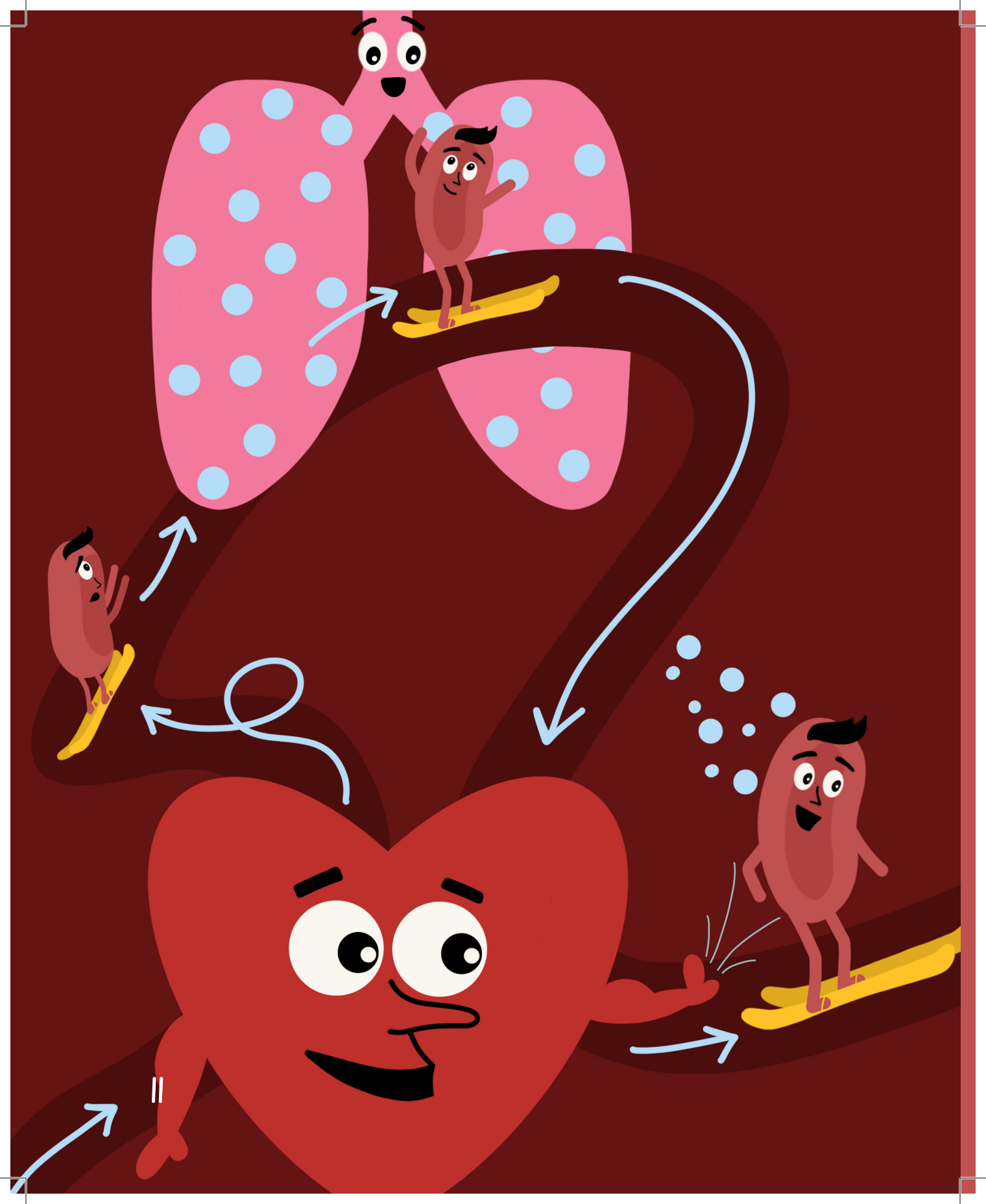


Thyroid



Dear Bones,
Please grow!
Yours,
Thyroid





Once all the stops have been made, Blood is feeling very tired from the busy visits. To get more energy, Blood heads into the heart.

Blood is pumped up to the lungs by the heart to perform an important exchange: collect more oxygen and drop off carbon dioxide.

Blood then heads back to the heart for a boost to get sent out on another round of visits.

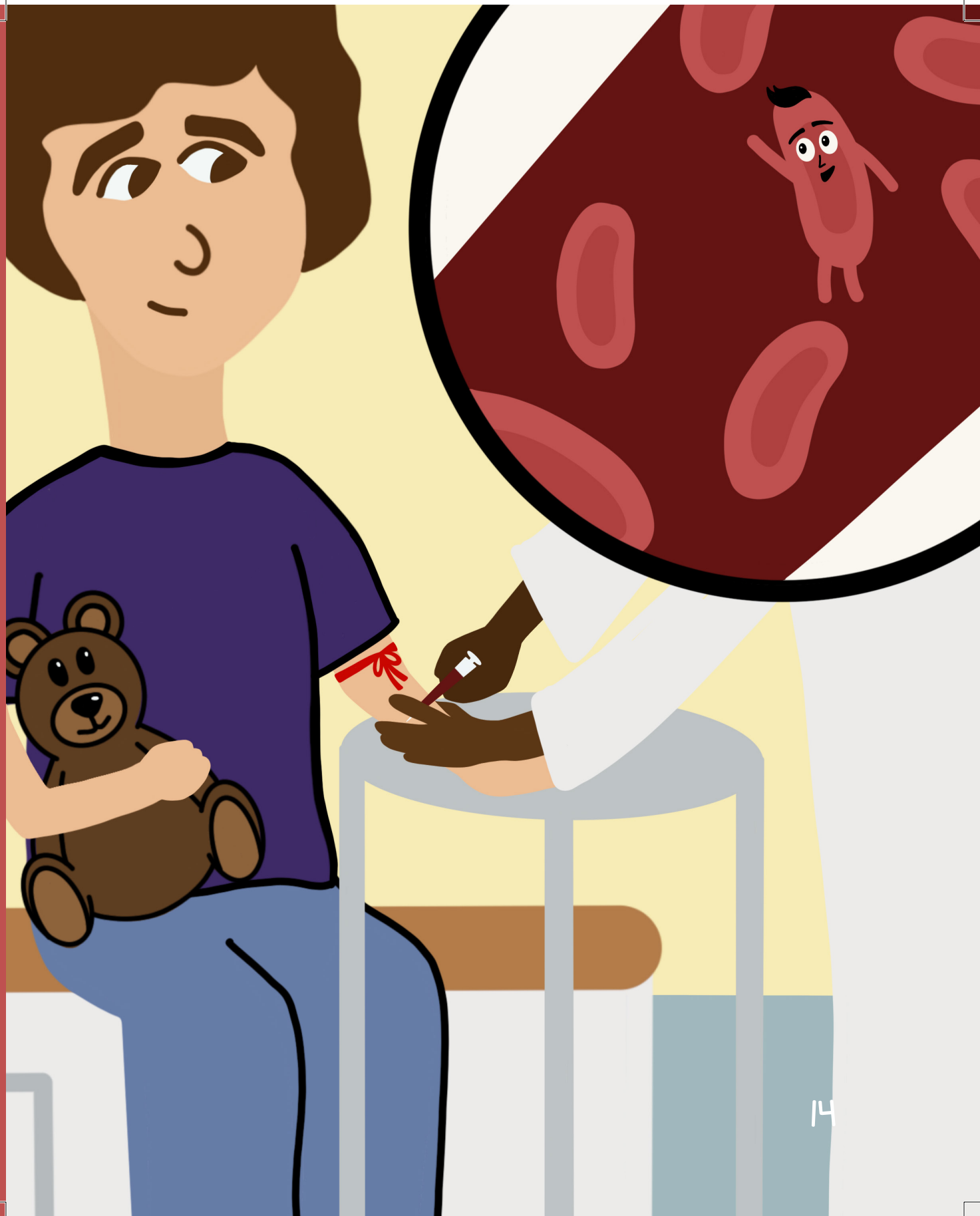
Blood: “You see, as I travel and visit my friends they tell me how they’re doing and give me clues (like hormones) that let me know something has gone wrong.”

Dr. Kewmed: **“So Aspen, the clues that Blood collects as they travel the body can tell us how we can help you best.**

But first, we need to take a bit of blood from you. What will happen is we will wrap a big rubber band around your arm that will feel like a tight squeeze.

Then, we’re going to clean a small patch of skin with a cold wipe, count to 3, and put the needle in your arm.”

Aspen: **“That sounds painful!”**



78, 77, 76, 75, 74, 73...



Dr. Kewmed:

“ It may hurt a little bit, and it’s okay if you hate the feeling. Your most important job is to try and stay as still as possible.

Here are some tricks you can use to distract yourself from any pain:

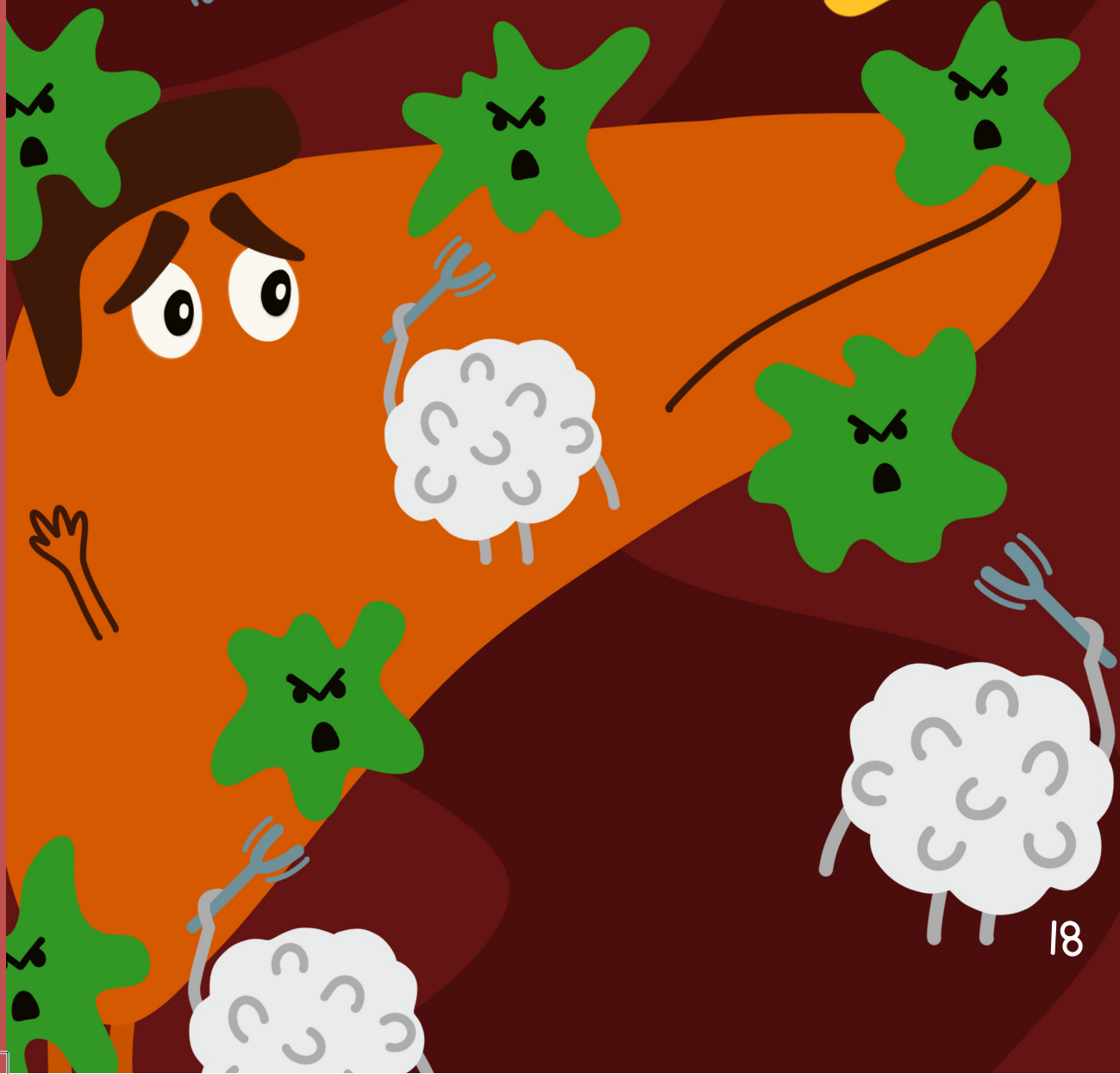
**Sing a song.
Hug your favorite stuffed animal.
Count backwards from 100.”**

Meet the body's Sheriffs, the White Blood Cells. Their job is to use different weapons to get rid of bad invaders in the body.

Here at the liver, these invaders are attacking! The White Blood Cells are trying their best to take them down, but the invaders are really strong.

The body can't get rid of the bad invaders by itself, and some help from Dr. Kewmed is needed. Blood can carry clues that are found in a blood test so Dr. Kewmed knows how to help.

Blood! We need some help here!





Blood Test Results

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Dr. Kewmed: **“Well Aspen, I had a chat with your blood and we now know there’s an evil invader attacking your liver. While your white blood cells are working extra hard to fight it, we’re going to help out too.”**

Aspen: **“Wow, it’s so cool that my blood was able to tell you that! Thanks for the help Dr. Kewmed!”**

While everyday your body is working hard to keep things running smoothly, sometimes problems occur. Often our body can fix it by itself as blood chats with all its organ friends, but sometimes it needs more help.

Blood tests help us understand what’s going on inside the body, so that we know how to help you get back to feeling healthy again!

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