

# The investigator

## 2008 is over!

Many of you participated in the special (health) round of 2008 and agreed to the collection of a blood sample. You were all very brave but you would like to know if there will be more needles in the next collection? Don't worry, there won't be any!

Thanks to your generous contribution, we will have a reliable profile of the health status of Québec youth. This profile will serve to improve the health prevention programs that target you, our young people. We will keep you informed of the publications that feature the analysis of these important results.

## Did you know...?

That getting a needle is not easy? You are right, it is not easy to give blood but it is so very important. Did you know that blood helps physicians detect all kinds of diseases and health problems? Of course, the collection of blood samples needs to be done in a hospital or local health centre so it can be analyzed immediately.

Did you also know that adults can donate blood for

people who need it? it is a blood donation. More blood is donated during a blood donation than during a blood sample but our body is able to produce blood to compensate for the donation within approximately 60 days. You can also donate bone tissues, cardiac valves or skin. To find out more about donations, you can visit the Héma-Québec Web site at [www.hema-quebec.qc.ca](http://www.hema-quebec.qc.ca).

The summer holidays are around the corner! Are you looking forward to them? Do you know how long children are out of school during the summer? Why are there summer holidays?

The first 'holidays' were decreed by Pope Gregory II in 1231. At that time, students were released from their academic activities to help their parents with farm work. Farmers needed a lot of help at the end of summer for the harvests. Therefore, students were allowed one month off, not one day more, to work on the family farm. The situation will probably be quite different for many of you! Have fun!



AM,  
I'll Be

happy  
educated  
active  
healthy

Happy summer vacation!

Québec 