

## **RIGHT BLOOD BANK,KILPAUK,CHENNAI**

### **SAVE A LIFE - BY DONATING BLOOD**

India today faces a huge shortage of blood requirements. This covid pandemic has increased the demands but reduced the number of potential donors. There is lack of knowledge about its simple process and the various unfounded myths that people have harboured over the years. Blood donations is the need of the hour since , cancer related surgeries , general surgeries, anaemia complicating pregnancy, children with bone marrow cancer, thalassemias, sickle cell anaemias all require regular sometimes even weekly/monthly transfusions. There are lot of children who are in need of weekly transfusions to sustain. They cannot wait for COVID pandemic or lockdown to end



You might be able to save lives of not just the person who receives it but for the entire family who is dependent on the person.

#### **Did u know that Blood Donation actually helps you..???**

1. It reduces the stress levels and helps us to feel better .
2. Reduces iron overload which sometimes may be detrimental to the body.
3. Do you know blood donation even burns more than 500 calories/donation.
4. lot of surveys are being conducted on health benefits of blood donation.. here are a few observations...
  - Regular blood donation in nonsmoking men is associated with significantly lower mean total cholesterol and low-density lipoprotein levels , than in non-donors and hence a reduced risk of cardiovascular events such as myocardial infarction, angina, and cerebrovascular accidents.
  - Blood donation removes oxidants and decreases oxidative stress which is associated with premature ageing and a lot of diseases..
5. You get tested for your haemoglobin levels , HIV , Hepatitis B , Hepatitis C , syphilis and other infectious diseases while donating blood and it increases the chances of detecting and treating it early. Any positive blood tests will be intimated to the donor personally and advise regarding follow up of the same is also given. Infact, we see a lot of young blood donors who did not previously know

they had hepatitis, were screened during donation and appropriate treatments instituted which otherwise could have landed them in serious liver problems later in life.

**So who can donate blood?**

- Physically Fit individuals
- Age group – 18- 65 years
- A minimum Hemoglobin of 12.5 mg/dl
- Blood pressure less than 180/100mmHg

**Who are not eligible?**

- Those with infectious disease like HIV, Hepatitis , Syphilis
- Recent Myocardial infarction ,major cardiac problem or seizures
- Pregnant females
- Recent history of surgery/blood loss
- Drug abusers
- Those who are under the influence of alcohol
- People with cough ,fever(covid pandemic season)

**Few facts about Blood groups and Blood Components**

**WHO CAN DONATE TO WHOM?**

Recipient	Donor							
	O-	O+	A-	A+	B-	B+	AB-	AB+
O-	✓							
O+	✓	✓						
A-	✓		✓					
A+	✓	✓	✓	✓				
B-	✓				✓			
B+	✓	✓			✓	✓		
AB-	✓		✓		✓		✓	
AB+	✓	✓	✓	✓	✓	✓	✓	✓

**WHAT ALL CAN BE TRANSFUSED??**

- Whole blood
- Packed red blood cells
- Random donor platelets
- Single donor platelets (SDP)
- Fresh Frozen Plasma
- Cryoprecipitate

**So How simple is the procedure?**

**Blood collection** as such is just a 15 minute procedure.

Registration and Consent form



Short history and Physical Examination

↓ if fit

You are Ready to Donate!



The donor's arm is cleaned with an alcohol prep pad and a technician inserts a needle into a vein which is attached to a collection tubing and bag. **One pint (375 ml) of blood is collected.**

**After the donation**



The needle is removed and pressure gauze is applied and a bandage is placed over the person's arm.



The donor will usually wait for 10-15 minutes to observe for any side effects and also they 'll be provided with light refreshments.

### **Some minor side effects during donation**

Having said the benefits and procedure , it needs to be mentioned that certain minor side effects like bruising at the collection site , mild dizziness etc can be experienced by the donor which is quite normal and it resolves within a few minutes ,which should not discourage one from donating.

### **WHAT IS APHERESIS?**

There are four main components in blood: **plasma, red blood cells, white blood cells, and platelets.** Now a days it is possible to extract only the required component like platelets or red cells and rest of the components can be reinfused back to the donor .

For example, in patients with Dengue where platelet count goes below 20,000 or if there is any bleeding manifestations , the patient may benefit from highly concentrated PLATELETS which is called **Single Donor Platelets(SDP).** **This procedure is called Platelet Apheresis .** The procedure of separating just the required components from a donor is called apheresis which is available in only authorized blood banks.

### **So how frequently can you donate??**

One must wait at least **eight weeks** between donations of whole blood . Platelet apheresis donors may give **every 7 days** up to **24 times per year** since **other components are returned back to the donors..**

**NOBODY CAN DO EVERYTHING BUT EVERYBODY CAN DO SOMETHING**

**So Make up your mind to donate blood today !**

**SAVE A LIFE BY DONATING TODAY!**

**Donate especially in times of need.**

**If you wish to donate please contact us at**

**RIGHT HOSPITAL BLOOD BANK**

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