

10 June 2013

# SAMHS INFO BULLETIN



Compiled by Corporate Communication

## WORLD BLOOD DONOR DAY

14 JUNE 2013

**Blood Donor Day** encourages people to give blood and save lives without asking for anything in return. Each year, a different country hosts the annual event and showcases unique cultural elements.

Every year, on 14 June, countries around the world celebrate World Blood Donor Day. The event serves to raise awareness of the need for safe blood and blood products and to thank voluntary unpaid blood donors for their life-saving gifts of blood.

Transfusion of blood and blood products helps save millions of lives every year. It can help patients suffering from life-threatening conditions live longer and with higher quality of life, and supports complex medical and surgical procedures. It also has an essential, life-saving role in maternal and prenatal care.

A blood donation truly is a “gift of life” that a healthy individual can give to others in their community who are sick or injured. In one hour’s time, a person can donate one unit of blood that can be separated into four individual components that could help save multiple lives.

## **BENEFITS OF DONATING BLOOD REGULARLY**

- **Reduce your Iron level** – In people who tend to accumulate toxic Iron quantities.
- **Tracking Health Indicators** - by getting regular the readings of blood pressure, pulse and temperature, and keeping track of these with each donation, we can more easily identify if a problem comes up because we have a baseline to compare to. It is further effective to reduce heart rate, reduce blood pressure and to reduce blood sugars.

## **WHO CAN DONATE BLOOD?**

- **Ages between 16 and 65.** You can still donate if you're over 65 and are otherwise healthy, but we'll need your physician's consent.
- **People with weigh at least 50kg.** In most cases, weighing less than 50kg means that you're underweight, and it would therefore not be safe for you to donate.
- **Medically healthy people.** Blood from a sick or medicated donor could impact negatively on the recipient. You will not be able to become a donor if you had jaundice or hepatitis after the age of 13, or if you've had cancer, heart disease, epilepsy, or a bleeding disorder. If you have questions about specific medications you might be taking.
- **Lead a safe lifestyle.** Things that are considered risky include drugs, multiple sexual partners, and tattoos or piercings done in the past six months. For your own safety you won't be able to donate blood if you are competitive sportsperson training for a big event, or are involved in a hazardous occupation.
- **Individuals who are committed to helping others.** Simple as that

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