

WHY DONATE BLOOD?

(a) Need of Blood

(Source of Information: www.who.int)

Blood (blood transfusion) is needed for:

1. Women with complications of pregnancy, such as ectopic pregnancies and haemorrhage before, during or after childbirth. (Every day, about 800 women die from pregnancy or childbirth-related complications. Severe bleeding during delivery and after childbirth is a major cause of mortality, morbidity and long-term disability).
2. Children with severe anaemia often resulting from malaria or malnutrition;
3. People with severe trauma following accidents;
4. Many surgical and cancer patients.
5. Blood is also needed for regular transfusions for people with conditions such as thalassaemia and sickle cell disease and is used to make products such as clotting factors for people with haemophilia.

(b) Need of Blood Donation

(Source of Information: www.who.int, www.blood.co.uk)

- Donated blood is a lifeline for many people needing long-term treatments, not just in emergencies.
- ***Your blood's main components: red cells, plasma and platelets are vital for many different uses.***

Red cells are used predominantly in treatments for cancer and blood diseases, as well as for treating anaemia and in surgeries for transplants and burns.

Plasma provides proteins, nutrients and a clotting agent that is vital to stop bleeding - it is the most versatile component of your blood.

Platelets are tiny cells used to help patients at a high risk of bleeding. They also contribute to the repair of damaged body tissue.

- There is a constant need for regular blood supply because blood can be stored for only a limited time before use (Red cells - up to 35 days, Plasma - up to one year, Platelets – upto 7 days).
- ***Regular blood donation by a sufficient number of healthy people is needed to ensure that safe blood will be available whenever and wherever it is needed.***

(c) Why should you donate blood?

(Source of Information: www.redcrossblood.org, www.mbc.org)

You don't need a special reason to give blood. **You just need your own reason.**

- Some of us give blood because we were asked by a friend.
- Some know that a family member or a friend might need blood some day.
- Some believe it is the right thing we do.

Whatever your reason, the need is constant and your contribution is important for a healthy and reliable blood supply.

Blood is the most precious gift that anyone can give to another person — the gift of life.

Three big reasons, why you should donate blood regularly if eligible:

- **Your donation directly save lives**

If you began donating blood at age 16 and donated every 56 days until you reached 76, you would have donated over 48 gallons of blood, potentially saving over 1,100 lives! Every time you donate, you help save the lives of as many as 3 people in need.

- **You make a big impact—in so little time**

Your investment of time and your gift as a volunteer blood donor deliver the greatest possible return. Donating blood takes about one hour, including a mini-physical and health interview. Within about 10 days, your blood will have already reached someone in need. Where else can you volunteer one hour of time and save up to three lives?

- **Others are depending on you**

Right now, family members, neighbors, friends, co-workers, and others in your community are depending on you. Premature infants are born day and night, often requiring blood to survive. Cardiac surgery patients may need life-sustaining blood transfusions. The need is great. The rewards are many. And only you can volunteer to give the gift of life.
