

# ARTICLE ON BLOOD DONATION MOTIVATION

## **Who can donate blood?**



Eligibility criteria for blood donation - Donor should be between 18-60 years of age with a weight of 45 kg or above with pulse rate, body temperature and blood pressure should be normal. Both men and women can donate. There are only few conditions in which donors are permanently excluded. The donor with history of epilepsy, psychotic disorders, abnormal bleeding tendencies, severe asthma, cardiovascular disorders and malignancy is permanently unfit for blood donation. Donors suffering from disease like hepatitis, malaria, measles, mumps, and syphilis may donate blood after full recovery with 3-6 months gap. Also people who have undergone surgery, blood transfusion may safely donate blood after 6-12 months. For woman donors who are pregnant or lactating blood is not taken as their iron reserves are already on the lower side.

## **How much blood can be taken?**

Our body has 5.5 ltr of blood of which only 350 ml - 450 ml of blood is taken depending upon weight of donor. Majority of healthy adults can tolerate withdrawal of one unit of blood. The withdrawn blood volume is restored within 24 hours and the hemoglobin and cell components are restored in 2 months. Therefore it is safe to donate blood every three months.

## **In donating blood, you are converted into a hero in many ways.**

- Your donation can save the lives of up to 3 patients. These patients can have cancer, be victims of accidents, be in need of organ transplants or have chronic illnesses.
- Sometimes blood can be utilized to replace lost blood from people in life or death situations.
- Plasma, the yellow liquid portion of the blood, reduces bleeding through coagulation factors.
- The platelets that also assist in the coagulation are fragile cells that are needed by patients with leukemia and other cancers. These platelets should be transfused within the first five days after the donation.
- The red cells help to treat anemia and increases the blood's ability to transport oxygen during surgical procedures.



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