

## **World Blood Donor Day 14<sup>th</sup> June 2022**

**#Give Blood...share Life!**

Dear Parents,

The world Donor Day is an initiative by the World Health Organization (WHO) observed every year on **14<sup>th</sup> June** to create awareness about blood donation and to recognize the contribution of voluntary donors in saving lives. This day is celebrated on the birth anniversary of Austrian Biologist and Physician, **Karl Landsteiner**. He discovered different types of Blood groups and awarded Nobel prize for his novel invention in 1930.

Every year our country needs about 5 crores units of blood, out of which only 2.5 crore of the blood is available. Every two seconds someone needs blood.

Blood cannot be manufactured artificially. Hence donating blood is the only option remained to help the needy. Blood is needed in almost all the serious health conditions like surgeries, cancer treatments, burns, accidents, bone marrow therapies, during baby deliveries, anemia and thalassemia patients require regular blood transfusion and so on. The list is endless.

One bag or unit of blood can be used for three persons to their lives as it is separated in to its different components.

### **Blood products/components & their uses: -**

#### **Uses Of whole Blood: -**

1. Complicated surgeries
2. Complicated baby deliveries
3. Accident victims.

#### **Uses of Blood Components: -**

1. Red Blood Cells - Anemia
2. Fresh Frozen Plasma- Clotting disorders and burns
3. Platelets - Low platelets counts – infections like Dengue, Bleeding disorders.
4. Cryoprecipitate – Bleeding disorders.

Hence, there is constant need to encourage blood donation to ensure lifesaving resources available for the patients.

## **# Myths & facts about Blood donation**

**#1 Myth:** Blood donation is a painful process.

**Fact:** There is pain felt only during needle prick not during the process.

**#2 Myth:** Blood donation is a very time-consuming process.

**Fact:** Blood donation takes only 30 to 45 mins.

**#3 Myth:** Sometimes blood banks take too much blood from the donor which is dangerous for the donor.

**Fact:** Only 350 ml of blood is taken at the time of blood donation.

**#4 Myth:** Donating blood reduces immunity.

**Fact:** No, donating blood does not reduce immunity.

**#5 Myth:** Only non-vegetarians can donate blood as they consume meat regularly.

**Fact:** No, irrespective of diet a person can donate blood. As far as the person has cleared the health criteria.

With Best Wishes,  
Medical Department,  
Delhi Public School-Bopal, Ahmedabad