



## *Two seconds..... It is about life*

Did you know that every two seconds someone around the world needs blood? Have you ever thought of the possibility that by the time you have read this sentence, one person would have been saved by a blood transfusion.....Have **YOU** ever saved a life?

### **Blood is life**

Blood is that remarkable red fluid in your body which is the essence of not only your life, but also your persona. There is no substitute for blood. It cannot be artificially made or manufactured. Donors are the only source of blood for the patients who need it. Blood is the one thing that transcends the barriers of race, religion and region. It is an embodiment of humanity.

### **Who needs Blood?**

There are a lot of reasons that a person will need blood. It may be an accident, a major surgery,

anemia, cancer or blood disorders like thalassemia. You may be a donor today; you could also be a recipient tomorrow.

### **Can I donate blood?**

Yes you can; and you should if you are:

1. 18-60 years of age
2. Weight more than 45 Kg
3. Hemoglobin > 12.5 g
4. AND you are free from HIV, hepatitis, malaria, syphilis etc.

### **Every healthy adult can donate once in 3 months**

Donating blood is a safe process. It involves four main things: 1. Donor registration 2. Medical check up 3. Bleeding the donor and 4. Refreshments. The entire process of donation takes less than an hour. Bleeding the donor takes only 10 minutes. Donated



blood will be checked for HIV, Syphilis, Malaria and Hepatitis B and C. But the reports of these tests will be kept confidential.

### **All Blood is not Red !**

Blood is composed of cells and plasma. It forms 8% of human body weight. Red blood cells are red in color where as plasma is a clear extracellular fluid. And that's why it is that "one unit of donated blood can save the life of around 3 people". Donated blood can be separated into its different components which can be used in treatment of different patients.

Different components are

1. Packed RBC
2. Platelets
3. Fresh Frozen Plasma
4. Cryoprecipitate

Packed RBC (Red blood cells) can be used in anemia patients, Platelets are given in conditions like dengue. Fresh frozen plasma is given in deficiency of clotting factors like liver diseases and cryoprecipitate in hemophiliacs.

### **B positive...but not everyone can be!**

There are mainly four types of blood groups. A, B, AB and O. It can be either positive or negative. In India 95 % of people belong to positive group. Among A B O groups, 34% of people belong to O group whereas AB group is rare with only 8 % among Indian population. Ideally all blood transfusions should be group compatible however **in case of emergency O negative blood can be used for anyone** hence O negative donors are called as universal donors. Persons with AB positive group can receive blood from all groups - hence they are known as universal recipients.

### **Ahalia Blood Transfusion services - Creating new standards in quality, availability, affordability**

Ahalia Blood bank is the first of its kind in Central and North Kerala to incorporate *Automated Component Extractor* facility (T-ACE). T-ACE separates components automatically and hygienically . Unlike the conventional method there is a good yield of pure components. In this method the white blood cells are separated which helps in reducing transfusion reactions.



### **So...do you want to save a person?**

- The number one reason donors say they give blood is because **"they want to help others"**
- If you began donating blood at age 18 and donated every 3 months until you reach 60, you would have saved more than 1000 lives.

So what are you waiting for? Come in or get in touch with Ahalia Blood Bank – 04923 225555. **And donate the hope of LIFE !**



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