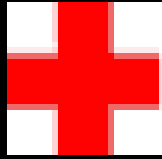


Blood Donation

Liquid Love



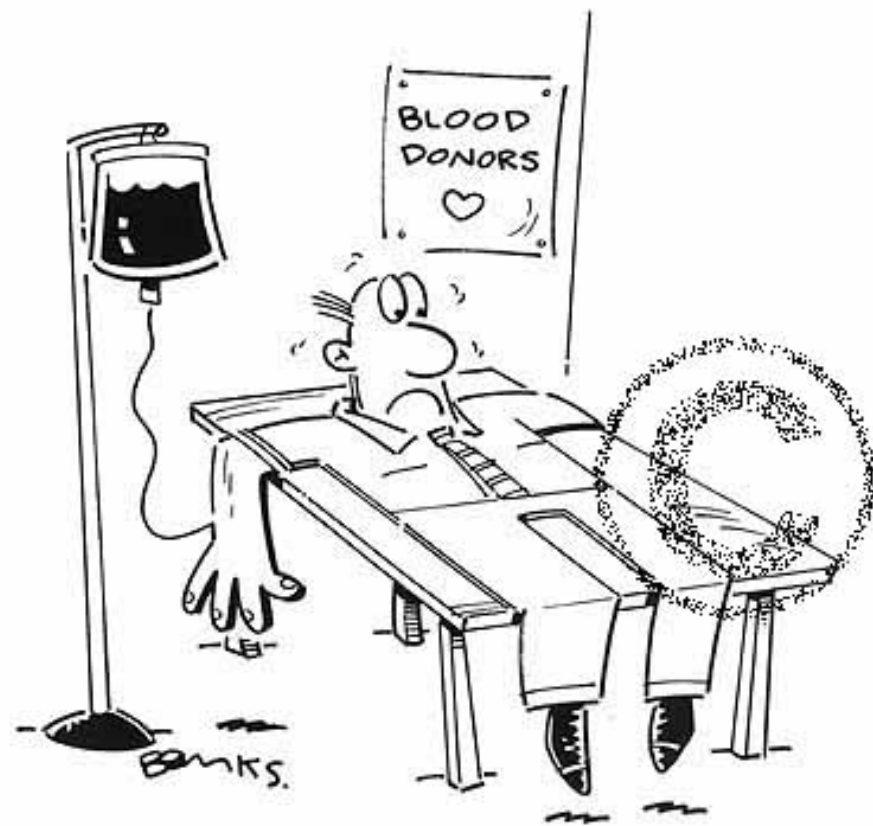
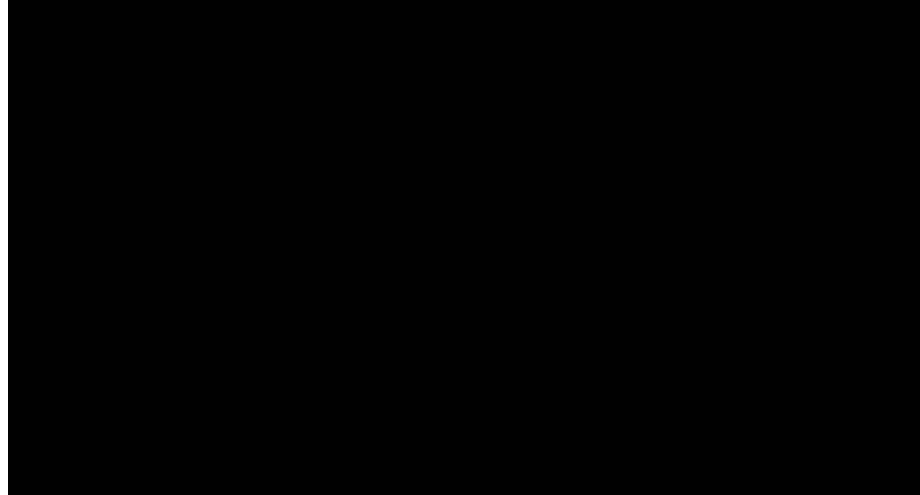


Australian Red Cross

Blood Donation: Liquid Love

- Shivarathri
 - Friday, 16th February
 - Saturday, 17th February





Is there a NEED?

- Only 3% of the Australian population donate blood
- Eventually 1 in 3 people will require blood at some point in their lives

What do YOU get out of it?

- A great feeling

3 Lives SAVED
in 60 min

- Reduce risk of heart disease
- Stimulate generation of blood cells

Who Can Donate

- Greater than 45 kg
- Be in good health
- 16 to 70 years old
- Haemoglobin greater than 120

What Happens to YOUR Blood

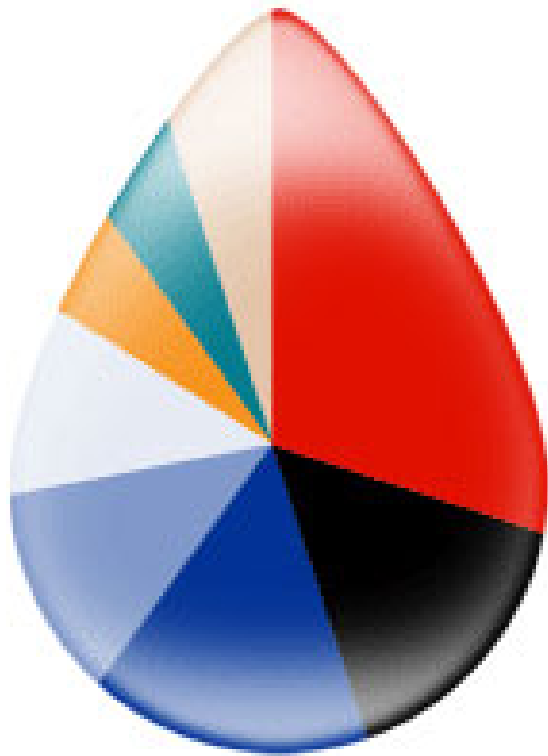
- Tested for:
 - ABO, Rhesus and red cell antibodies
 - Blood borne diseases: HIV, hepatitis, syphilis, malaria

		Donor's Blood Type							
		O-	O+	B-	B+	A-	A+	AB-	AB+
Patient's Blood Type	AB+	✓	✓	✓	✓	✓	✓	✓	✓
	AB-	✓		✓		✓		✓	
	A+	✓	✓			✓	✓		
	A-	✓				✓			
	B+	✓	✓	✓	✓				
	B-	✓		✓					
	O+	✓	✓						
	O-	✓							

What Happens to YOUR Blood

- Whole blood separated in to different components
 - Red cells → carry oxygen
 - Anaemia, dysfunctional red cells, trauma, surgery
 - 42 day shelf life
 - Platelets → assist with clotting
 - Cancers, chemotherapy, clotting disorders
 - 5 day shelf life
 - Plasma: antibodies, minerals, hormones
 - 12 month shelf life

What happens to blood



- 30% Cancer Patients (Including leukaemia)
- 15% Heart disease patients
- 15% Stomach and bowel disease patients
- 12% Burn victims, vaccinations and other disorders
- 12% Accident victims
- 6% Liver and Kidney disease patients
- 5% People with Haemophilia
- 5% Babies and pregnant women

The Process of Giving LIQUID LOVE

- Plenty to eat and drink before donation
 - 3-4 glasses of water
 - High iron foods
- Questionnaire to fill
- Nursing staff → BP, finger prick Hb check, weight
- 450ml of LIQUID LOVE collected by trained staff
 - 10-15 minutes
 - Tourniquet → Cannula inserted into vein → LIQUID LOVE flows into special collection bag
 - Test tubes of blood collected for disease detection
- Refreshments and rest for 15-30 min
- Keep fluids up and no heavy lifting for 24 hours

BEFORE



BLOOD DONATION



AFTER



THE JOYS OF GIVING LIQUID LOVE



FAQs

■ Antibiotics

- infection fully resolved and no antibiotics for 5 days

■ High Blood Pressure medication → OK

■ Overseas travel

- Malaria endemic areas: only plasma used for 1-3 years after return
- Variant Creutzfeldt-Jakob disease (vCJD) risk
 - Resided in UK 1980 to 1996 for greater than 6 months
 - Received blood transfusion in UK since 1980
 - Vegetarians not exempt due to possibility of unknown exposure to beef products

■ Vaccinations:

- HBV → 1 week after
- BCG → 4 weeks after
- Others → Usually 1-2 days after

The Importance of Iron

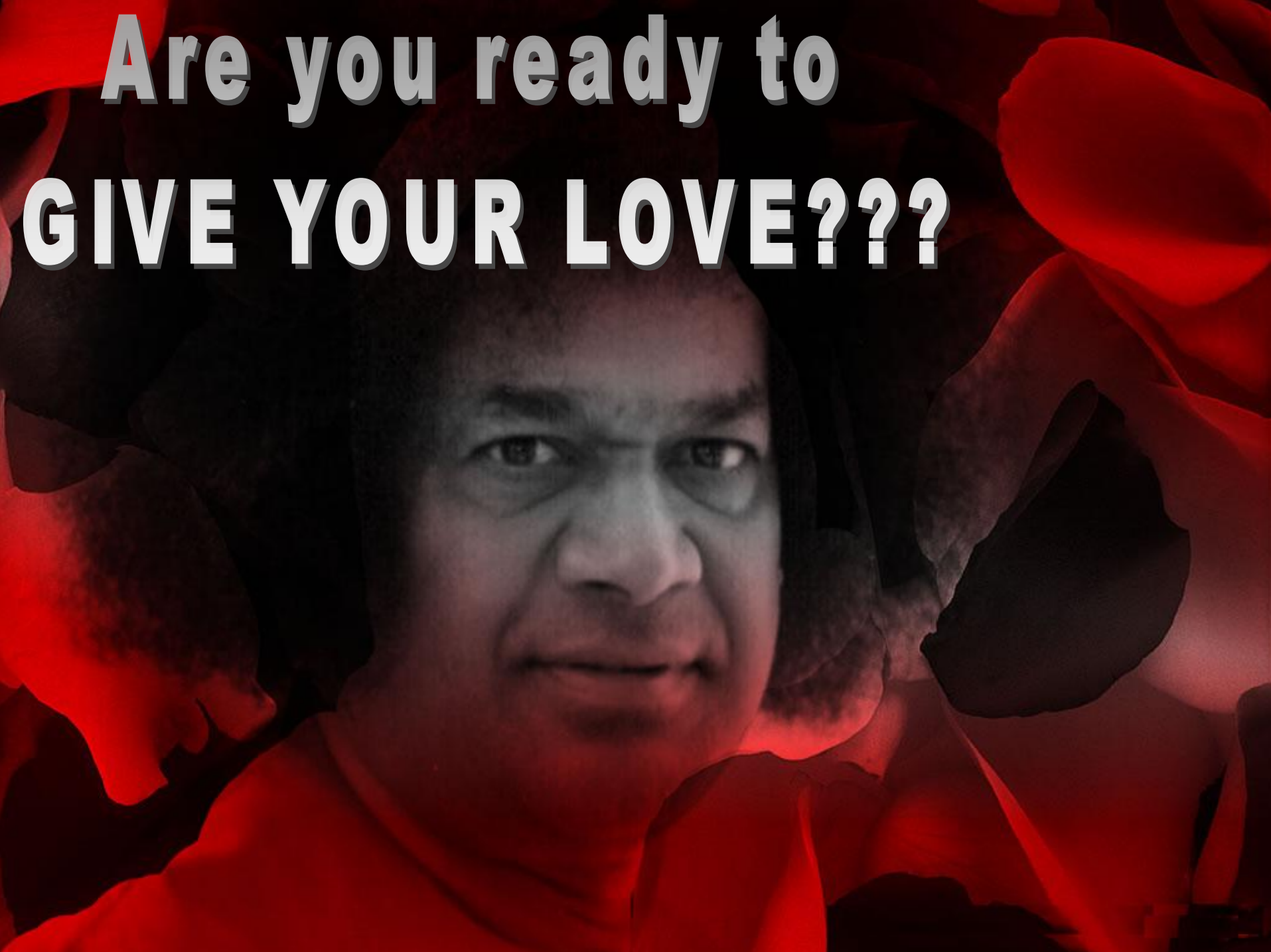
- Essential for formation of haemoglobin
- Red pigment in blood
- Assist in transport of oxygen
- Low levels are one of the commonest cause of anaemia

Where do Vegetarians get Iron from?

- Iron from plant sources less easily absorbed compared with iron in animal products
- Dark green leafy vegetables → asparagus, spinach
- Fortified breakfast cereals and whole grains → bran, oats, whole wheat
- Dried fruits → dates, apricots, prunes
- Tofu
- Legumes → lentils, lima beans, chick peas, split peas, red beans

Strategies to Meet Iron Needs

- No tea or coffee with meals → have 2 hours before or after
 - Tannin interferes with iron absorption
- Consume iron-rich foods with food high in Vitamin C to enhance non-heme iron absorption
 - Citrus fruits, berries, red bell peppers, tomatoes, and broccoli
 - Orange juice with breakfast
- Make sensible use of iron supplements
 - Too much iron can be toxic
 - See your GP for advice



Are you ready to
GIVE YOUR LOVE???