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People live When People Give





What is Blood Donation?

- Blood donation is a **voluntary process** of donating blood for **medical use**.

Indications-

- Road traffic accidents,
- Anemia,
- Surgeries,
- Delivery,
- Cancers,
- Thalassemia,
- Critical care.



Importance of Blood Donation.

- Saves Lives- One donation saves 3 lives.
- Health Benefits for Donors
- No Substitute available for Blood
- Emergency medical Support
- Supports Medical Treatments
- Promotes Social Responsibility

Blood Donation Process

- Registration and basic health screening.
- Blood collection takes 5–10 minutes.
- Rest and refreshments after donation.
- Safe and sterile equipment's used.



Types of Blood Donation



- Whole blood- Components are prepared
 1. Packed Red Blood Cells (PRBC)
 2. Random Donor Platelets (RDP)
 3. Fresh Frozen Plasma (FFP)
 4. Cryoprecipitate
- Apheresis
 1. Single Donor Platelet (SDP)
 2. Plasma (Plasmapheresis)



Blood Components





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Apheresis





Who Can Donate Blood?

- Age: 18–65 years
- Weight: Minimum 45–50 kg
- Hemoglobin level within normal range (12.5-16g/dl)
- Good physical and mental health
- All vital parameters within normal limits.



Who Should Not Donate?

- People with active infections (HIV, Hepatitis, etc.)
- Pregnant women/lactation/ during menstruation.
- Recent surgery or illness (within 6 months-1 year)
- Recent tattoo or body piercing (within 6 months).
- Drug abuse.



Benefits of Blood Donation

- Saves lives
- Regulates blood pressure.
- Reduces cholesterol.
- Burns 500-650 calories per donation.
- Flushes out free radicals and toxins
- Free health screening.
- Creates a sense of social responsibility.



Myths About Blood Donation

- It is painful
- Causes weakness
- Unsafe process
- Truth: It is safe, quick, and harmless



Conclusion

- Organ donation saves 1 life whereas blood donation can be done repeatedly and can save numerous lives.
- Whole blood donation- 3-4 times/year.
- SDP donation- 24 times/year



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