**Why should we donate blood?**

**Content**

**Q1. Why should we donate blood?**

A1. There are a huge number of people who need blood at any given time and the reasons are varied.People might need blood because:

1. The recipient may have been in a road accident,natural disaster, childbirth and lost huge amount of blood.

2. A patient under going surgery may need blood in case of sudden loss of blood or any medical complication.

3. In case of certain liver ailments like Hepatitis C where there is destruction and regeneration of liver, platelet transfusion may be required.

4. In a severe case of anemia, patient may require blood transfusion.

5. Cancer patients may require transfusion ,especially when they are undergoing chemotherapy(treatment which effects blood cells) or stem cell transplants.Many chemotherapy medicines and the disease itself can sometimes interfere with normal production of blood cells in the bone marrow.

6. Dengue patients may require Platelet transfusion in case their platelet count is less than 10,000 and the have active bleeding.

7. Thalassemia is a genetic disease where the patient's body makes lesser healthy hemoglobin and red blood cells.This puts pressure on the bone marrow and spleen.In patients suffering from acute or intermediate level, blood transfusion is the main medical care option.

8. Thrombocytopenia is the condition where there is a low platelet count in the patient and this may be inherited or acquired later on due to a number of reasons.Patients need blood transfusion to help them maintain the platelet count.

9. Hemophilia is a rare disorder where the blood of the patient doesn't clot normally.It is an inherited disease and can be treated by replacement therapy where concentrates of clotting factor VIII (for hemophilia A) or clotting factor IX (for hemophilia B) are slowly dripped or injected into a vein.Clotting factor concentrates can be made of blood though in this case concentrates which are not made from blood are also available.

10. There are a number of other diseases and cases where patients may require blood transfusion and we as blood donor's hold the power to be a hero and save lives,so please donate blood.

**Q2 Why can't the parents ,siblings ,children and immediate family donate blood when required?Why is my donation required?**

A2 When parents,siblings,children,family donate blood it is known as direct donation.This may not be possible/advisable due to a few reasons.

1. The blood group may not match.It is possible even in the case of family that the blood group may not match.

2. The donations made by family may not be enough for the patient because a donor cannot make a donation of more than 1 pint.

3.Though people may find it safer to have a family member as donor research doesn't support this theory.A few reasons for this are that donors known to the patient may be hesitant to reveal information about their personal or medical history.Also there maybe more chances of infection for a first time donor than a regular donor.

4.Previously pregnant women can become sensitized against red cell antigens from their children’s father(s), causing adverse reactions in the transfusion recipient.

5. Also even if the family members are compatible it takes some time to test the collected blood to ensure that it is safe for transfusion.

6. Women of child-bearing age should not be recipients of blood donated by their children, husband or husband’s blood relatives as this could adversely affect future pregnancies should red cell antibodies form.

Being a regular donor helps you to be available when someone needs your help and also helps you to be healthy as you regularly undergo medical checkups.

**Important / Noteworthy URLs to refer:**

1. Source: https://www.nhlbi.nih.gov/health-topics/blood-transfusion
2. Source for the second question:http://fourhearts.org/directed-donations/