





Swamy Vivekanandha Naturopathy and Yoga Medical College



ALL ABOUT THE BENEFITS OF BLOOD DONATION



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BNYS PART -1



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svnymc

Do you know :

To motivate people and to thank the voluntary blood donors , the world health organisation organizes an event every year June 14th World Blood Donor Day.

About 4.5 million people need blood transfusions each year. In the United states, 21 millions blood Components are transfused each year.

You Can Save up to three lives by making a Single blood donation of 1 pint.

About 12,000 people in India die, Because of the Unavailability of blood!



RULES FOR BLOOD DONATING (or) Who can donate blood?

An health person both male and female can donate blood;

Donor should be in,

- 1.Age : 18 - 65 years**
- 2.Heamoglobin count - More than 12.5 g/dl in women/More than 12 gm /dl in man**
- 3.Weight - More than 45kgs**
- 4.Last blood donation - At least 3 months ago**
- 5.Female donor**
 - Not pregnant**
 - Last menstrual period more than 3days ago.**
 - Not Breast feeding**



WHO CANNOT DONATE BLOOD?

An individual suffering from the following medical condition is not allowed to donate blood,

- 1.Fever/Diarrhoea within the last week**
- 2.Alcohol < 12hours**
- 3.Had a tattoo/piercing 1year**
- 4.Cold**
- 5.During periods**
- 6.Anemia, thalassemia**
- 7.Coronary Artery Disease**
- 8.AIDs, hepatitis B or C**
- 9.Vaccination < 1 month**
- 10.Tested +ve : HIV,Malaria**

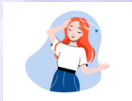


Benefits of blood donation:

- ✓ Reduces Cancer Risks
- ✓ Free Health Screening
- ✓ Improves Heart Health
- ✓ Enhance Emotional Health
- ✓ Helps in Weight Management



SIDE EFFECTS OF BLOOD DONATING:



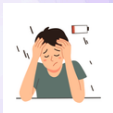
1.DIZZINESS



2.BRUIISING



3.FAINTING



4.FATIGUE



5.VOMITING



6.NAUSEA

Do's and don'ts before blood donation:

BEFORE YOU DONATE

DO 



DRINK PLENTY OF WATER. STAYING HYDRATED IS KEY!



EAT FOODS RICH IN IRON AND VITAMIN C! THINK GREEN VEGGIES AND CITRUS FRUITS.



SAVE TIME BY REGISTERING ONLINE USING EXPRESSPASS!

DON'T 



SKIP MEALS! THINK OF BLOOD DONATION AS A NORMAL PART OF YOUR DAY.



FORGET TO BRING YOUR DONOR ID OR STATE ID.



FORGET TO REMIND YOURSELF THAT YOU ARE HELPING SAVE LIVES!



Do's and don'ts after blood donation :

After Donating

Do

Hydrate!
Drink plenty
of water



Call us if you
feel sick; sit
down if you
feel dizzy



Rest and
replenish
iron*



Don't

Drink
alcohol
for 24 hours



Take off your
bandages for
several hours



Perform heavy
lifting or
vigorous
exercise for
24 hours





Thank you!