THE UNIVERSITY OF TRINIDAD AND TOBAGO

THE HEALTH, SAFETY AND ENVIRONMENT UNIT
presents

"Blood connects us all"

A blood drive in celebration of World Blood Donor day 2019

Give Blood; Give Life

Celebrate With Us

Save A Life

It Doesn't Hurt

Help Someone

Learn About Blood Donation

Tuesday 16th April, 2019
UTT San Fernando Campus
Student Lounge - 9:00 a.m. to 2:00 p.m.

Thursday 18th April, 2019
UTT O'Meara Campus
Prayer Room - 9:00 a.m. to 2:00 p.m.

For more information contact: Jean Lakhan ext. 32296 or Arlene Nysus ext. 25215

Who May and Who May Not Donate Blood?

In order to reduce the chances of being deferred, or rejected as a blood donor; here are some guidelines that may be helpful to you, the Homologous Blood Donor:

GENERAL GUIDELINES

Age:	18-60 (17 years is written parental consent). Persons over 60 years may be accepted only after consultation with the Blood Donor Room Staff.
Weight:	110 lbs or greater - persons weighing less than this, must make pre-arranged appointments.
Medication:	Persons on prescribed Medication will be accepted three days after completion of the course. Vitamin supplements and oral contraceptives are acceptable.

Here are some further reasons for deferral or rejection:

SPECIFIC GUIDELINES

Deferrals:	Flu, cold, sore throat - up to 1 week, after becoming symptom free.
Recent surgery:	Major – 12 months, Minor – Discretionary
Recipient of blood transfusion:	12 months
Abortion:	Spontaneous – 6 weeks depending on the reason for the abortion, if known.
Pregnancy:	12 months with normal pregnancy and delivery.
Jaundiced persons:	12 months

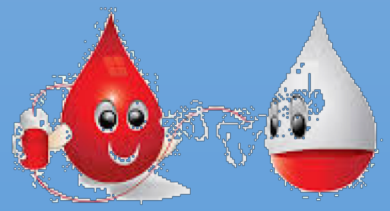
Puncture wounds: Persons who have been tattooed, under electrolysis, or had their ears pierced – 12 months.

- Persons who are aware that they are infected with HIV, or have AIDS
- Men or Women who have **several** sexual partners, whether or not they have been paid or pay for these encounters

REJECTIONS

Persons who suffer from any of the following conditions are not accepted as homologous donors:

- Hepatitis B
- Hepatitis C
- Jaundice
- Heart disease
- Hypertension
- Renal Disease
- Malignancy
- Epilepsy
- Diabetes Mellitus **(not controlled by diet only)**
- Persons on Chronic Transfusion Regimes; **(e.g. hemophiliacs)**
- Intravenous Drug Abusers
- Persons whose lifestyles are considered to be of such nature that they are thought to be at risk of being exposed to the Human Immunodeficiency virus, i.e. Men who have had even one sexual contact with another man since 1977.
- Women who are Sexual Partners with Bisexual Men;
- Blood disease **(sickle cell trait, thalassemia trait, or G6PD deficiency (some variants) are acceptable**.



BECOME A VOLUNTARY BLOOD DONOR

The friends of the Blood Bank Association will be recruiting persons (Staff and Students) who are interested and qualified to become Blood Donors.

NOTE: ALL Potential Donors

1. Acquaint yourself with the flyer entitled "**WHO MAY AND WHO MAY NOT DONATE BLOOD!**" which can be viewed on bulletin boards around campus.

2. You must present your national Identification card, Driver's permit or passport when going before the mobile nurse.

3. Please increase your intake of green leafy vegetables and or high iron content foods/Vitamins at least two weeks before the visit.

Eat a proper breakfast or lunch before presenting yourself to the mobile nurse.

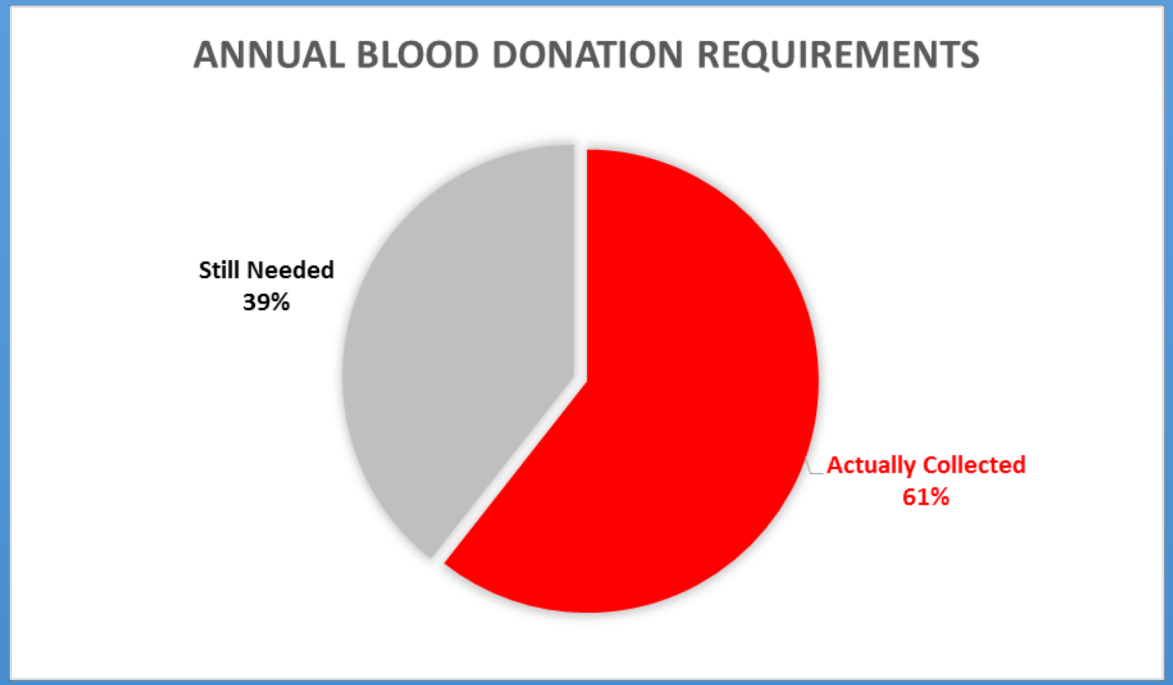
NOTE: Regular Donors

Walk with your **BLOOD TRANSFUSION SERVICE CARD** when presenting yourself to the nurse.

Did You Know?

In Trinidad and Tobago approximately 33 000 usable units of blood is needed annually!!

From this about 20 000 units are actually collected and 90% of all blood collected are from replacement donors (NBTU 2014).



- Millions of lives are saved every year bringing relief to those in receipt of usable blood.

Blood transfusions also aid in persons suffering from life threatening health conditions and allows them to live longer. It plays an important role in the care of women before and after pregnancy. Many surgical procedures are dependent on the availability of blood.

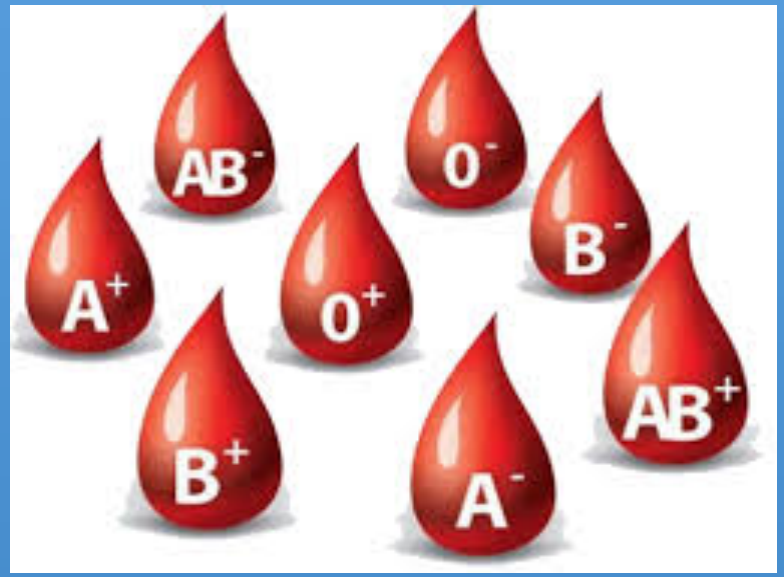
- Anemic women and children, accident victims with excessive blood loss, individuals suffering with cancer, thalassemia, hemophilia, sickle cell anemia, blood disorders and many more require safe readily available blood.

- The average adult has about 10 pints of blood in his body. Roughly 1 pint is given during a donation.
- A healthy donor may donate red blood cells every 56 days, or double red cells every 112 days.
- A healthy donor may donate platelets as few as 7 days apart, but a maximum of 24 times a year.

How Did It All Start?

World Health Day is celebrated on the 14th June every year on the birthday anniversary of Karl Landsteiner. Landsteiner was born in Vienna, Austria on June 14, 1868. He was a great scientist who won the Nobel Prize for his discovery of the ABO blood group system.

It was first started in the year 2004 by the World Health Organization (WHO) with the purpose of raising public awareness surrounding the need for blood donations including voluntary, unpaid healthy individuals. Blood donors are essential life savers as they give life-saving gifts of blood to those in need.

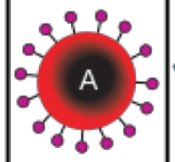
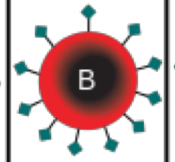
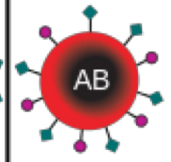
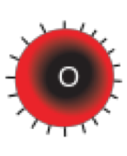
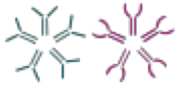


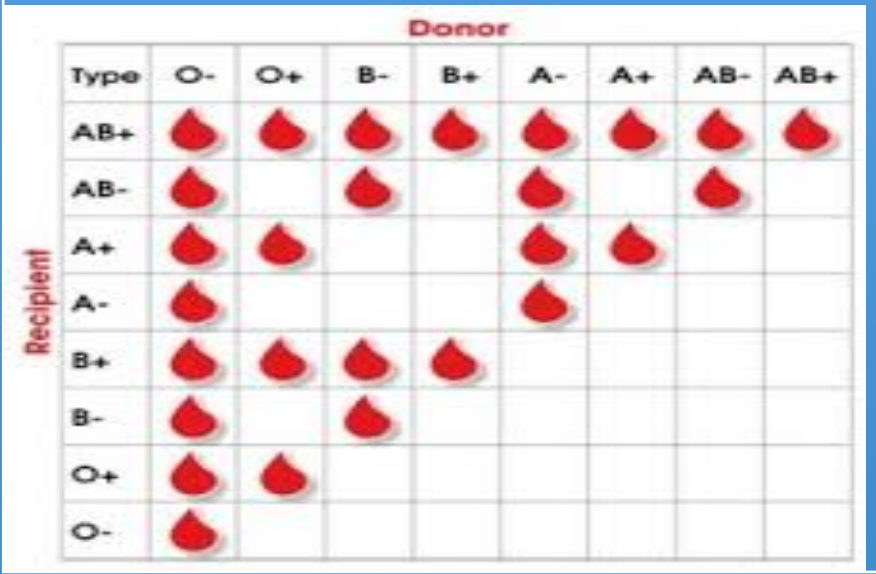
Blood Types

All blood is made of the same basic elements but not all blood is alike.
There are eight different common blood types, which are determined by the presence or absence of certain antigens – substances that can trigger an immune response if they are foreign to the body.

Since some antigens can trigger a patient's immune system to attack the transfused blood, safe blood transfusions depend on careful blood typing and cross-matching.

In addition to the A and B antigens, there is a third antigen called the Rh factor, which can be either present (+) or absent (–).

	Group A	Group B	Group AB	Group O
Red blood cell type				
Antibodies in Plasma	 Anti-B	 Anti-A	None	 Anti-A and Anti-B
Antigens in Red Blood Cell	 A antigen	 B antigen	 A and B antigens	None



In general, Rh negative blood is given to Rh-negative patients, and Rh positive blood or Rh negative blood may be given to Rh positive patients.

The universal red cell donor has Type O negative blood type.
The universal plasma donor has Type AB blood type.

How Is My Blood Type Determined?

It’s inherited. Like eye color, blood type is passed genetically from your parents. Whether your blood group is type A, B, AB or O is based on the blood types of your mother and father.

	Parent 1	AB	AB	AB	AB	B	A	A	O	O	O
	Parent 2	AB	B	A	O	B	B	A	B	A	O
Possible blood type of child	O					X	X	X	X	X	X
	A	X	X	X	X		X	X		X	
	B	X	X	X	X	X	X		X		
	AB	X	X	X			X				

Some patients require a closer blood match than that provided by the ABO positive/negative blood typing. Sometimes if the donor and recipient are from the same ethnic background the chance of a reaction can be reduced.

After Giving You Need to Rebuild Your Blood….

Here are some great ways to start and maintain healthy blood:

- Get moving: The best way to build oxygen-rich blood is to exercise. Not only does exercise help your heart pump blood, it brings fresh oxygen.

- Breathe deeply: Breathing deeply brings more oxygen to your lungs which then moves directly across into your blood.

- Get adequate iron. Iron forms the centre of the hemoglobin molecule making it essential for strong blood. Many pre-menopausal women are deficient in iron and may need supplementation. Because excess iron can be dangerous, get your levels tested prior to supplementation. Some foods that are good sources of iron include: lentils, kidney beans, prunes, green vegetables, beef and bison. Avoid excess consumption of the latter two since they can be inflammatory.

- Take a B-vitamin supplement. The B-vitamins B-6, B-12, and folate are essential to lower the amount of homocysteine in your blood. High levels of homocysteine have been linked to arterial clogging and heart disease, making it critical to control.

- Eat your greens: Chlorophyll is the plant nutrient that gives vegetables their green colour. It is very similar to the hemoglobin molecule. Boosting your intake of greens combined with adequate iron helps boost your blood.

- Spice things up: Cayenne helps speed blood purification by stimulating cardiovascular activity and lowering blood pressure. Add it to your meals for flavor and a stronger cardiovascular system.

- Drink aloe vera juice: Aloe vera juice has been used for many years by herbalists as a natural blood booster. It cleanses arteries and is anti-inflammatory. It is also rich in amino acids, enzymes, chlorophyll, vitamins, and minerals—all of which help build strong blood.

- Drink lots of water: Blood is largely made up of water and needs water to help it replenish.

- Quit smoking: This seems fairly obvious since smoking pollutes blood but if you haven't quit yet, there's no time like the present.

- Stop using "air fresheners.": These products are full of harmful ingredients that gain access to your blood directly by being breathed and absorbed through the alveoli in your lungs and by landing on skin and being absorbed directly into your bloodstream. They are loaded with cancer-causing ingredients, male hormone disruptors, and mutagens that damage your genetic material.

- Eat more fruit and vegetables: Fruit and vegetables are packed with nutrients and phytonutrients that build blood and reduce arterial plaque, making them essential allies in blood and cardiovascular health.

- Eat more fiber: Research shows that a diet high in soluble fiber are effective in eliminating plaque buildup in the arteries.

- Eat a more alkaline diet: The blood's pH is naturally 7.365 but our acid-forming diets can cause the balance to shift slightly in favor of acidity, which scours the arterial walls.

  Reducing sugar, soda, meat, and processed foods in favor of alkaline vegetables (almost all vegetables are alkaline); alkaline fruits like avocados, fresh coconut, lemons, limes, and grapefruit; alkaline legumes like lentils, navy beans and soy; alkaline nuts and seeds like almonds, pumpkin seeds, sprouts, and sesame seeds; and alkaline grains like buckwheat, quinoa, and spelt.

- Eat more legumes: Rich in fiber and nutrients, beans and legumes help eliminate harmful cholesterol (LDL) and lower triglycerides.