

Healthy Life

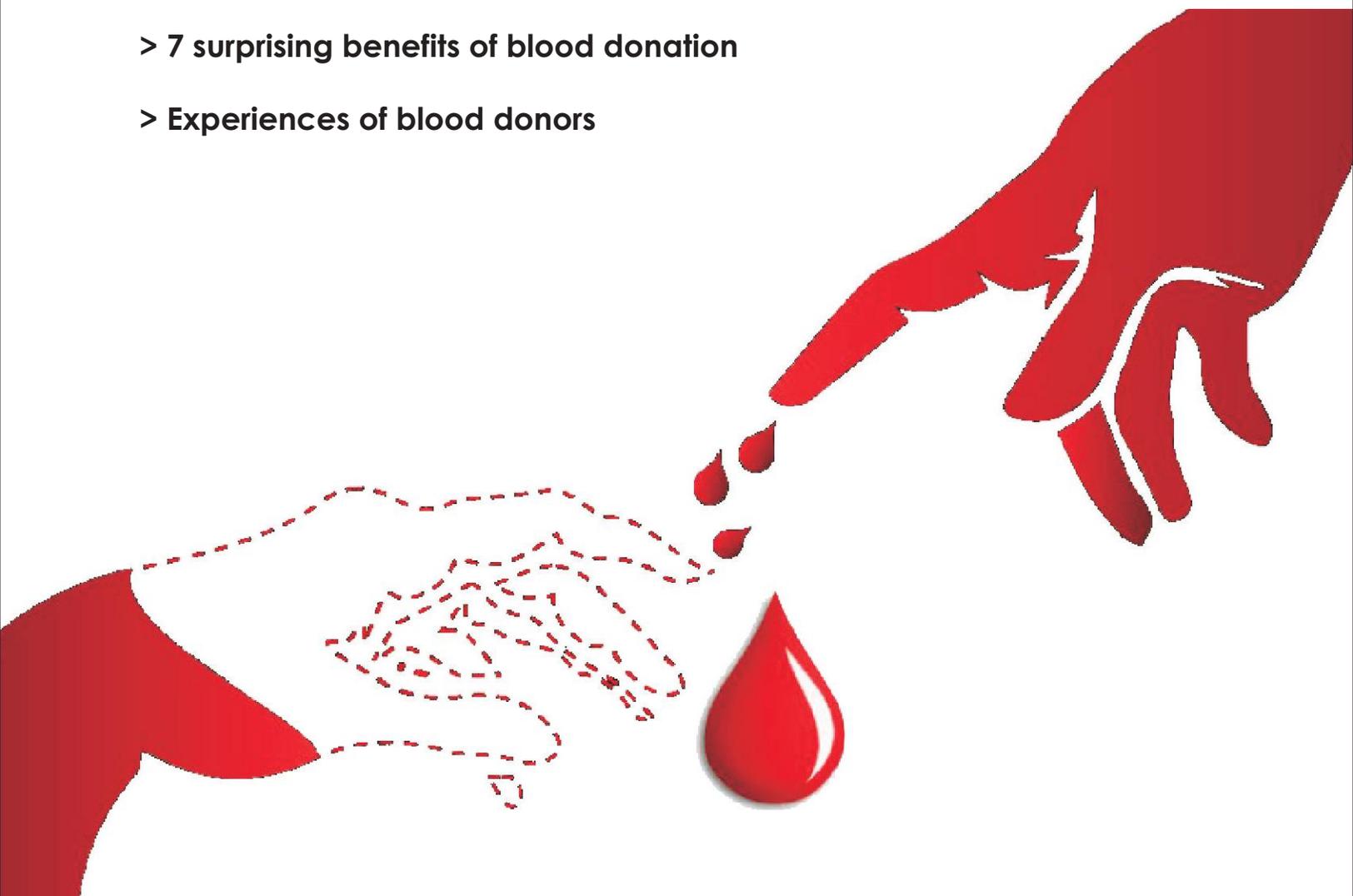
Be Better You!



June 2018 Volume 1, Issue 3

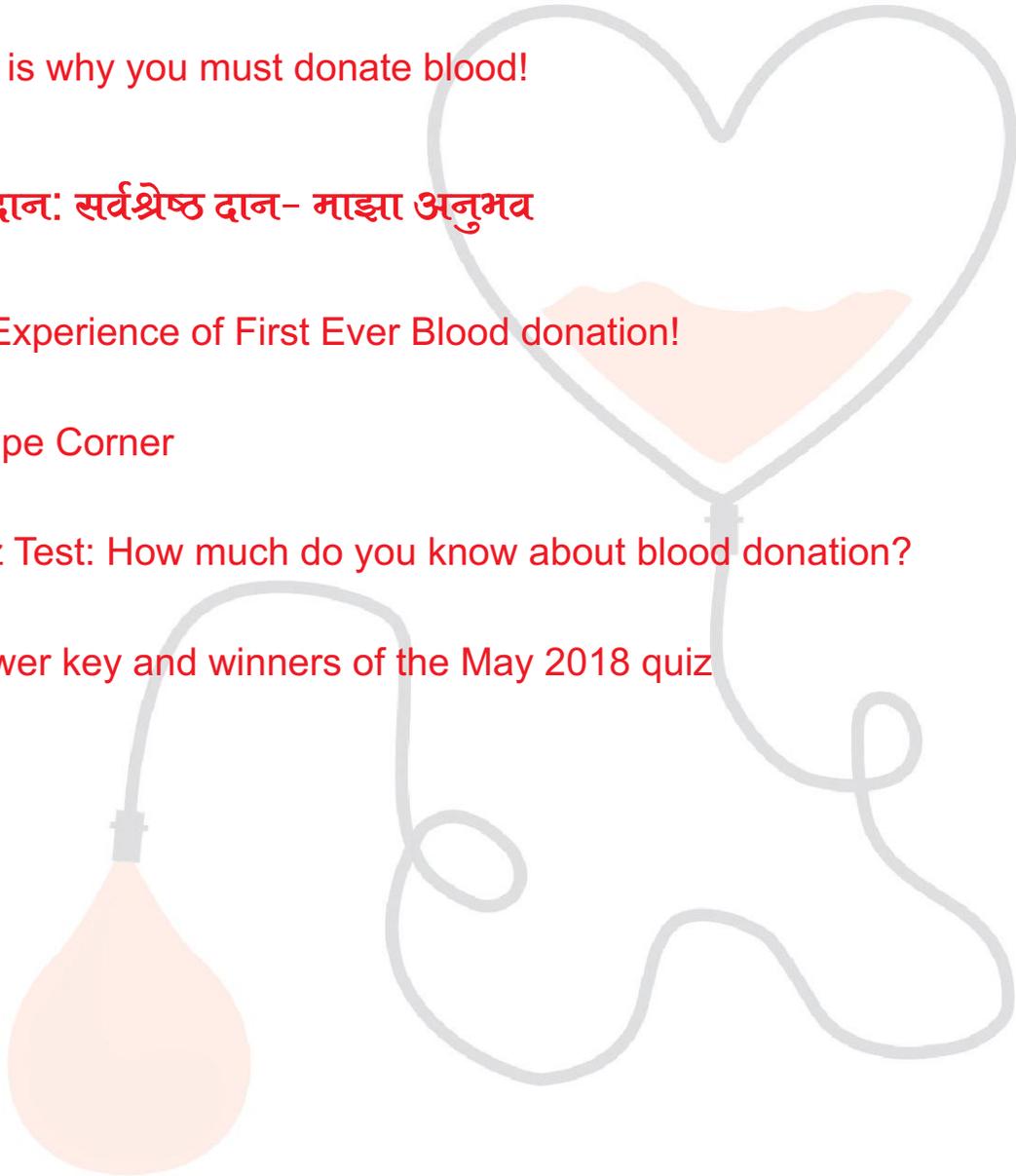
BLOOD DONATION SPECIAL

- > Blood donation: Facts and figures
- > 7 surprising benefits of blood donation
- > Experiences of blood donors



Index

1. Editorial : Dr. Tejas Limaye 3
2. Blood donation - In a nutshell 4
3. This is why you must donate blood! 6
4. रक्तदान: सर्वश्रेष्ठ दान- माझा अनुभव 9
5. My Experience of First Ever Blood donation! 12
6. Recipe Corner 14
7. Quiz Test: How much do you know about blood donation? 16
8. Answer key and winners of the May 2018 quiz 18



1) Editorial

World Blood Donor Day is celebrated worldwide on **14th of June** which is birthday anniversary of a great scientist Karl Landsteiner who won the Nobel Prize for his discovery of ABO blood group system.

World Blood Donor Day is a kind of '**Thanks giving day**' to all voluntary blood donors for their life-saving gift to the society. It also aims to spread awareness regarding the need for safe blood products and blood transfusions. In India, there is a huge demand-supply gap with a deficit of ~ 3 million units of blood every year.

HealThy Life June 2018 Issue will motivate the readers to contribute to this noble cause. The issue gives basic information about blood donations and, importantly, the experiences of 2 blood donors - one who has donated blood for 12 times whereas other who donated blood for the very first time! You will also find some surprising health benefits of blood donation you would have never thought about!!

A recipe helpful in this regard has also been included. The quiz at the end of the issue will reflect your knowledge about blood donation and will help you debunk the myths in your mind.

If you have not donated blood till now, this is the right time to do so! If you don't fit in weight and hemoglobin criteria, this is the perfect opportunity to improve your health and then donate blood!! And if you are a regular blood donor, you are already a superhero!

Keep up the good work!!!



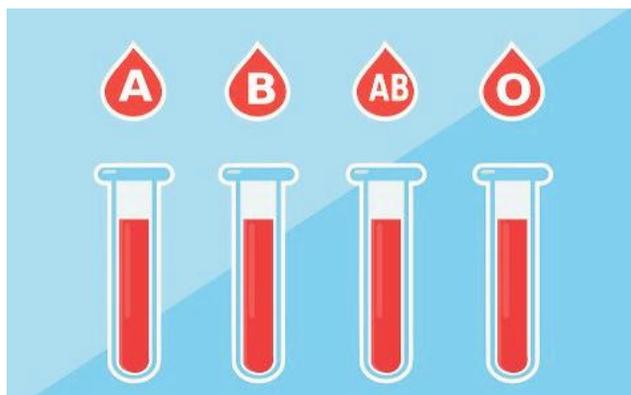
Dr. Tejas Limaye

M.Sc. PhD RD
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Just for Hearts

2) Blood donation - In a nutshell

Interesting facts

1. Blood cannot be manufactured. It can only come as a gift from people.
2. Blood makes up about 7% of your body's weight.
3. Every three seconds someone in the world needs blood.
4. One out of every 10 people entering a hospital needs blood.
5. The need for blood increases during holidays and summer months.



Who can donate blood?

1. A person between 18 to 60 years weighing minimum 50 kgs and with hemoglobin levels more than 12.5 g/dL
2. A person with a regular pulse rate of 50-100 beats per minute.
3. Blood pressure measured just before donation: Systolic = 100-180 mmHg, Diastolic = 50-100 mmHg.
4. Smokers can also donate blood provided that they abstain from smoking four hours before and after donation.
5. A woman can donate blood during her periods

Who can not donate blood?

1. A person suffering from any communicable diseases.
2. A person who has donated blood in the past 120 days.
3. A person with diabetes or high blood pressure
4. A person on aspirin, antibiotics, steroids, hormones, anticoagulants, or inhalers
5. A person who underwent surgery / invasive medical treatment (piercing, tattooing, accupuncture) recently
6. A person who has consumed alcohol in any form in the past 24hrs
7. A person who has received blood transfusion recently
8. Pregnant and lactating women

Before Blood Donation:

1. Get at least eight hours of sleep the night before blood donation.
2. Eat a healthy breakfast or lunch – or both, if you're donating later in the day
3. Choose to eat proteins (eggs, cheese, curds, sprouts,) and complex carbohydrates (fruits, cereals). Avoid oily and fried foods.
4. Drink plenty of non-alcoholic fluids (lime water, kokum, buttermilk, soups) to make sure you're well hydrated

After Blood Donation

1. Drink an extra 1 liter non-alcoholic fluids over the next 24 hours.
2. Avoid doing any heavy lifting or vigorous exercise for the rest of the day.



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3) This is why you must donate blood!

Donating blood has always been considered an altruistic act- a selfless gesture extended by the donor to the recipient- the reason behind our being happy to go ahead with such a noble deed. Incidentally, it is interesting to note that blood donation is beneficial and important to donors as well, thus making safe blood donation a step towards healthier lifestyles for donors too.

Apart from the usual blood donation benefits like fulfilling our social responsibility, availability of blood when we(ourselves or our relatives) are in need during life-threatening emergencies or for encouraging others to donate blood- here are some advantages of blood donation to the donors which are backed by scientific research- which no one told us about!



1. Blood donation helps in weight loss-

Obesity affects the functioning of the heart negatively, studies have suggested that people who donate blood regularly may experience weight loss as well and thus reduce cardiac morbidity to some extent.

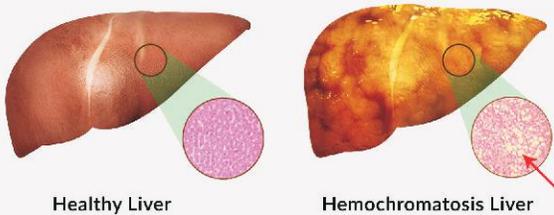
Snippet- Every time you donate blood, you are utilizing upto 650 kcals!



2. Reduces risk of hemochromatosis –

Hemochromatosis is a condition where the body absorbs excess iron (more than what is required) which gets deposited in the joints, organs (liver and heart) and can be harmful for the body if not treated appropriately. This excess iron stored in in liver and heart which increases the risk of liver failure, cirrhosis and heart abnormalities. This overload of iron may be reduced with regular blood donations under the supervision of a doctor.

Snippet- Every time you donate blood, you lose 220-250 mg of iron.



3. Lowers the risk of cancer- This concept is still controversial, but a research suggests that male blood donors are at a lower risk of lung, liver, colon, stomach and oesophageal cancer due to reduced iron levels in the body after regular blood donations.

Snippet-You can check our iron stores in the body with the help of the following blood tests- Serum Ferritin levels, Serum Iron levels and Total Iron Binding capacity (TIBC).



4. Promotes new cell production- Body responds to blood donation by production of new cells to replenish the losses and thus new blood cell production, which ultimately will improve overall health and functioning of the body.

Snippet- New cells are produced by bone marrow within 48 hours of donation, and all of the red blood cells the donor loses during donation are completely replaced within one to two months

5. Improves cardio-vascular health- Regular blood donation improves the circulation of blood and removes the extra circulating iron thus reducing cardio-vascular event.

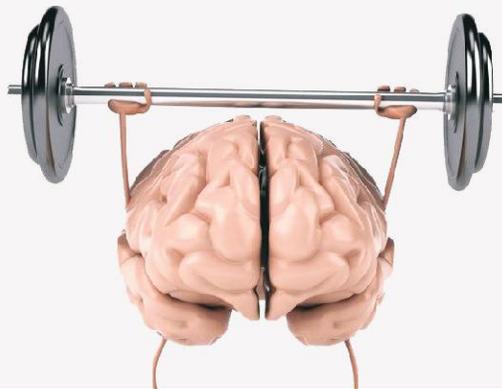
Snippet- Regular blood donation reduces the risk of heart attack by 88% and of stroke by 33%.

6. Free blood analysis for various diseases- when you donate blood, you will be tested for hepatitis, HIV, syphilis, anaemia etc.

Snippet- Your blood is checked for as many as 13 infectious diseases during the process of blood donation.

7. Improves mental health- Blood donation is a selfless act which benefits someone who is in need desperately. Regular blood donation is similar to volunteer work where you give you time and blood (literally) to one or more strangers. This kind of regular volunteering has shown to have psychological benefits with positive effects on happiness.

Snippet- After blood donation, almost 100% of blood donors feel elated, experience a sense of achievement and are more likely to donate blood again.



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HealThy
Be Better You!

Life
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Just for Hearts™
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4) रक्तदान: सर्वश्रेष्ठ दान-
माझा अनुभव

कवीवर्य सुरेश भट सभागृहात मातृदिवसाच्या निमित्ताने “अशी असते आई” या सुंदर कार्यक्रमाचे आयोजन केले होते व सोबत रक्तदान शिबिर पण आयोजित केले होते.. मातृदिवसाचे औचित्य साधून आम्ही उभयतांनी काल तिथे रक्त दान केले. छान वाटले दोघांनी जोडीने हे दान केले..

प्रमोदनी 15 वेळा रक्तदान केले आहे तर माझी रक्तदान करण्याची ही 12 वी वेळ आहे! आपण जेव्हा एखाद्या गोष्टीचं दान करतो किंवा एखाद्या गरजू व्यक्तीला मदत करतो तेव्हा आपल्याला खूप समाधान मिळते.. एक मानसिक स्थैर्य मिळते. मग हेच दान जर आपल्या अंगात सळसळणाऱ्या रक्ताचे असेल तर? किती सुंदर अनुभूती आहे ना?? आपल्या या दानामुळे एखाद्या व्यक्तीचा जीव वाचू शकतो. जीव वाचलेली व्यक्ती रक्तदात्याला कधीच विसरत नाही.. त्याच्या ती कायम लक्षात रहाते. तशी आता सर्वसामान्य लोकांमध्ये रक्तदानाविषयी बरीच जागृती आली आहे.. तरीही काही वर्ग असा आहे जो रक्तदान करायला घाबरतो.



● रक्तदानाला कशी सुरुवात केली?

मी नवव्या वर्गात असतांना माझ्या आईला गर्भाशयाचा खूप त्रास सुरू झाला. हॉस्पिटलमध्ये सगळे चेक अप केल्यावर लक्षात आले की आईच्या गर्भाशयात गाठ आहे आणि पुढे जाऊन तिचे रूपांतर गर्भाशयाच्या कॅन्सरमध्ये होण्याची दाट शक्यता आहे.

मग ऑपरेशन करून आईची गर्भपिशावी काढण्याचा निर्णय तातडीने घेण्यात आला.. आईच्या ऑपरेशनच्या वेळी अधिक रक्तस्त्राव झाल्यामुळे डॉक्टरांनी बाबांना चार बाटल्या रक्त लागेल म्हणून सूचना दिली.. कुणी डोनर मिळते का म्हणून बाबांची शोधाशोध सुरू झाली.. तीन डोनर आम्हिला सहज मिळाले.. पण एक डोनर अजून हवा होता.. कधी डोनर मिळत असे तर ब्लड ग्रुप जुळत नसे. शेजारी एक दादा होता 22 वर्षाचा तरुण त्याचा रक्तगट आईच्या रक्तशी जुळत होता. बाबा खूप आशेने त्याच्याकडे गेले तर त्याच्या आईने चकक नकार दिला! तो दादाही पण खूप घाबरत होता. बाबांनी खूप समजावले पण तो तयार झाला नाही.. मला तेंव्हा त्याचा खूप राग आला. असे का केले त्याने? कमीतकमी तरुण आणि धडधाकट मुलांनी तरी असा विचार करू नये ना! माझ्या आतेभावाच्या मित्राला जेव्हा आईविषयी कळलं तर तो स्वतः तयार झाला.

मला त्या व्यक्तीविषयी खूप आदर वाटला आणि आजही वाटतो. त्याच वेळी मनोमन निश्चय केला की आपण मोठं झाल्यावर जगातील सर्वश्रेष्ठ दान- रक्तदान करायचेच! रक्तदान करण्याची कुठलीच संधी कधीच सोडायची नाही...

समाजकार्यांचं शिक्षण घेत असताना कॉलेजमध्ये दरवर्षी रक्तदान शिबिराचे आयोजन शिक्षण समितीद्वारे होत असे.. पहिल्या वर्षी मी खूप उत्साहाने रक्त द्यायला गेले पण वजनाच्या काट्यावर उभे रहाताच माझा उत्साह ओसरला! वजन खूप कमी असल्याने मला रक्तदान करता आले नाही.. सलग तीन वर्षे प्रयत्न केले पण वजन काही 43 च्या पुढे जाईना.. पुढे लग्न होऊन दोन मुलांची आई झाल्यानंतर वजन वाढले त्यावेळी मी जाम खूप झाले! नंतर सखी मंचच्या माध्यमातून मी पहिल्यांदा रक्तदान केले तो दिवस माझ्यासाठी खूप म्हणजे खूप महत्त्वाचा होता. खूप आनंदी होते मी त्या दिवशी. नंतर मग मला जशी संधी आली मी रक्तदान करत राहिले. माझा रक्तगट “ओ पॉझिटिव्ह” असल्यामुळे सगळीकडे चालतो.. एकदा आमच्या जवळच्या नातेवाईकाला अशक्तपणा आल्यामुळे डॉक्टरांनी रक्त घ्यायला सांगितले. त्यांनी मला निरोप पाठवला पण नेमकं त्यावेळी माझं हिमोग्लोबिन कमी भरले आणि डॉक्टरांनी माझं रक्त घ्यायला नकार दिला तेव्हा खूप वाईट वाटले. ते नातेवाईक किती आशेने माझ्या कडे बघत होते आणि मी असमर्थ ठरले. परत मनाशी निश्चय केला स्वतः तंदुरुस्त राहू तसेच इतरांना मदत करू शकू.. आणि त्यादिशेने व्यायाम आणि आहार सुरू केला..

● सामाजिक बांधिकली असणारा जीवनसाथी

माझे मिस्टर प्रमोद राऊत हे या कार्यात नेहमी मला सोबत देतात! कधी कधी तर ते स्वतः मला डोनर म्हणून घेऊन जातात. ते स्वतः पण खूप जागरूक आहेत याबाबत.. व्यवसायिक आहेत पण या कार्यासाठी ते आवर्जून वेळ काढतात..! एकदा सहज मी त्यांना विचारलं, “माझं ठीक आहे पण तुम्ही रक्तदानाबाबत इतके जागरूक कसे?” तेव्हा त्यांनी त्यांचा भूतकाळ सांगितला. त्यांचा मित्रांचा छान गृप होता सगळे मस्त एन्जॉय करायचे अभ्यास, कॉलेज, शेती. त्यावेळी यांचा एका मित्राला अपघात झाला. त्याला दवाखान्यात नेईपर्यंत पैशाची, रक्ताची जुळवाजुळव करेपर्यंत तो दगावला.



ऐन तारुण्यात त्याने या जगाचा निरोप घेतला. ती घटना यांच्यासाठी खूप क्लेशदायक होती.. तेव्हापासून त्यांच्या जगण्याला एक कलाटणी मिळाली. मला सार्थ अभिमान आहे की प्रमोद सारखे नवीन विचार व आचार असलेले जीवनसाथी मला लाभले.

कुण्या एका व्यक्तीचा जीव केवळ आपल्या या छोटीश्या मदतीमुळे जर वाचत असेल तर आपण ती मदत नक्की करायला हवी. आपण या समाजाचे काही देणं लागतो ही भावना ठेवून सामाजिक बांधिलकी जपणे म्हणजेच माणुसकी नाही का...? रक्तदान म्हणजे जीवनदान “रक्तदान हेच सर्वश्रेष्ठ दान” याचा प्रचार आणि प्रसार व्हायलाच हवा - रक्तदान ही आज काळाची गरज झालेली आहे!

संगीता राऊत
नागपूर

5) My Experience of First Ever Blood donation!



Recently I got an opportunity to participate in a blood donation camp held on 27th May 2018 on the occasion of Swatantrya Veer Sawarkar Jayanti. As it was my first experience of blood donation, I was super excited. There were many enthusiastic members like me who willingly participated in this social cause.

It took hardly any time! I personally felt very happy to contribute in this kind of activity! The camp was very well organized with proper amenities. The team who organized the camp was very cooperative with the people who reached there to donate blood. The doctors and nurses were also polite and cheerful!

As a citizen of the country it made my mind to think that I am now more responsible for the society's well being and Health. I would like to mention a slogan here...

"Donate blood save life"

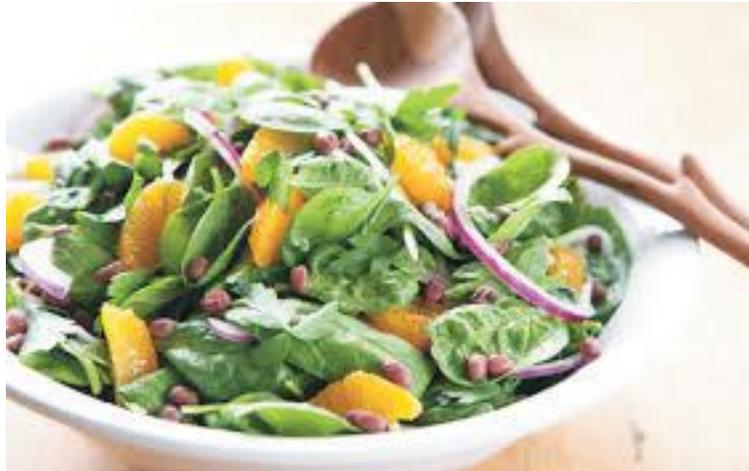
I think it is every individual's responsibility to contribute towards our society and donating blood is very effective way! It was an inspiring program for today's youth to look forward and contribute towards stronger and healthier nation!

Manali Sunil Kanetkar
Nigdi, Pune



6) RECIPE CORNER

Green Booster Salad



Ingredients -

- Tender spinach – chopped, 1 big katori
- Raw/parboiled sprouted green mung - 1 katori
- Orange - whole flakes of one (only seeds removed).
- Dates - 6 to 8 chopped
- Pumpkin seeds /almonds/walnuts - 1 tbsp
- Onion - 1 sliced (optional)
- Lime juice of ½ to ¾ lime
- Rock salt / chat masala to taste

● **Method:**

Mix all ingredients in a bowl half hour before serving. Keep covered in fridge. Serve chill. Can be eaten as a mid day snack.

● **Health benefits:**

After blood donation, our body immediately begins to replenish the lost blood cells. To achieve this, the body should have an ample supply of the necessary nutrients essential for reconstruction of the blood cells. This small snack of fresh salad can be consumed prior or after a blood donation to ensure proper nourishment to the body.

The after effects of blood donation like nausea, tiredness can be treated with a tangy, sweet flavour to the mouth. The green booster salad is full of the much needed nutrients from spinach (iron, vitamin A, chlorophyll), whole green mung (proteins), dates (iron, energy), orange (vitamin C - antioxidant), pumpkin seeds (zinc, vitamin E). This salad also has a good amount of fluid, adding to the liquid intake essential after a blood donation.

It is very convenient to carry this salad in an air tight container; thus can even be eaten after blood donation. Especially if the blood donation is midway through ones busy life schedule. So eat healthy and donate blood in order to stay healthy!!



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7) Quiz: How much do you know about blood donation?

1. How much blood is collected at one time?

- A) 500 ml
- B) 750 ml
- C) 250 ml
- D) 350 ml

2. How frequently can one donate blood?

- A) Once in a month
- B) Every 4 months
- C) Once in a year
- D) Every 6 months

3) You will NOT be allowed to donate blood if you are taking any medications.

- A) True
- B) False

4) A person with which blood group can donate blood to all other blood groups (universal donor)?

- A) B +ve
- B) O +ve
- C) AB -ve
- D) O -ve

5) Minimum body weight required for blood donation:

- A) 40 kg
- B) 45 kg
- C) 50 kg
- D) 60 kg

Send your answers to: tejas@justforhearts.org
+91 9921 239515

7) Quiz: How much do you know about blood donation?

6. Can a woman donate blood during her monthly periods?

A) Yes

B) No

7. Minimum hemoglobin required for blood donation:

A) 11.5 g/dL

B) 12 g/dL

C) 12.5 g/dL

D) 13 g/dL

8. Which of the following is the rarest blood group?

A) B –ve

B) A –ve

C) AB –ve

D) AB +ve

Send your answers to: tejas@justforhearts.org
+91 9921 239515

8) Quiz: Test your hypertension quotient Answer Key (May 2018 quiz)

1. You should not exercise if you have high blood pressure.

False

2. You can feel when your blood pressure increases.

False

3. If I am taking medications to control blood pressure, I need not worry about diet.

False

4. Black salt is better than table salt for those with high blood pressure

False

5. High blood pressure puts you at risk for which of the following?

a) Paralysis (stroke)

c) Kidney disease

b) Heart disease

d) All of the above

All of the above

Send your answers to: tejas@justforhearts.org
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HealThy Life

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to: tejas@justforhearts.org

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