

The Soul Edition

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Gaz'lam

Afro Pop Stars
Vusi Nova & Amanda Black
Rally Behind Saving Lives



SANBS
South African National Blood Service

Content



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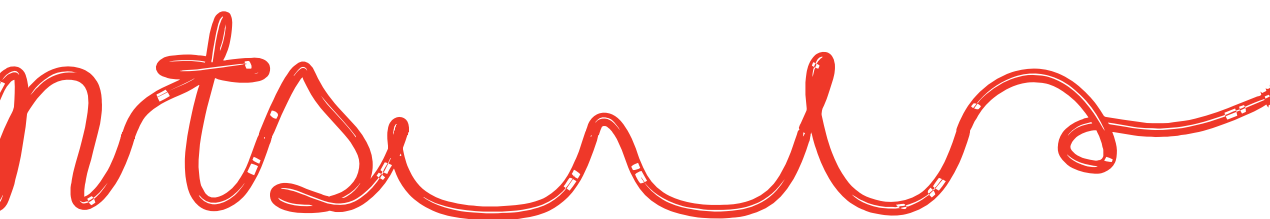
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A MESSAGE from our CEO



We've just crossed the half-year mark. Time sure flies when you are saving lives.

Every year, World Blood Donor Day highlights the need to maintain a stable supply of healthy, safe blood and blood products, while encouraging people to become regular donors. It's also an opportunity to thank the volunteers whose donations of blood save and enhance the lives of many lives.

This year's World Blood Donor Day theme: "Be there for someone else. Give blood. Share life" emphasized blood donation as an act of solidarity with our fellow human beings, highlighting the fundamental values of empathy and kindness that underpin the selfless act of blood donation. We celebrated this year's World Blood Donor Day with massive awareness

campaigns and were able to recruit 5400 people who attended blood drives or donor centres.

Whilst the SANBS business model is still sound, we do have some challenges. Our main challenge is still the slow collection of state debt. As a result, the Executive team, with the support of the Board members, is focusing on active engagement with one of the critical stakeholders, the Department of Health at both national and provincial level.

Overall, blood collections for the past financial year were lower than the units collected in 2017. We are confident that the necessary measures to address this, which have been put in place by the Executive team, will deliver positive results. Our #newblood campaign is continuing to inspire new donors to become regular donors. We are intensifying our efforts to collect even more blood in order to meet the demand in South Africa.

As an organisation we remain committed to ensuring that the organisation is operated, managed and governed in a manner which is appropriate for a public interest organisation. Without our selfless donors, we would not be able to do such amazing work for South Africa. Thank you for helping us on this mission.

Chat soon,

Dr Jonathan Louw 🩸



**THANK YOU,
TO THE 500,000
PEOPLE WHO EAT
OUR COOKIES
EVERY YEAR.**

**BECAUSE EACH
COOKIE SIGNIFIES
A UNIT OF BLOOD
DONATED, AND A
LIFE POTENTIALLY
SAVED.**



ULUNTU PROJECT

Educating towards informed Organ Donor consent

A large portion of our population doesn't know enough about organ and tissue donation and transplants to make informed decisions about it – or even make a decision during the referral stage when approached for consent.

These were the findings from baseline surveys conducted by the Organ Donor Foundation over the last 2 years amongst marginalised and vulnerable communities to find out how organ and tissue donation messages are being

thought about. Many participants in the survey had heard about organ donation, but very few had a good understanding, and what little knowledge they did have, was fear-based.

This means that the next-of-kin will not agree to consent because they don't understand what they are agreeing to – particularly as it is misunderstood and often causes fear. This also shows that the current communication is not reaching everyone and that one type of message doesn't work for everyone.

This is why the Organ Donor Foundation implemented the ULUNTU Project to communicate directly to the wider

community who don't hear about organ and tissue donation through the regular channels. The ULUNTU Project objective is to engage directly with communities to overcome misunderstandings and convey an accurate picture of what organ and tissue donation is really about and to clearly illustrate that illness or injury can create a need for a transplant that affects us all.

The ULUNTU Project message is tailored to each community and is delivered by culturally sensitive ethnically similar people. The ULUNTU Field Officers pass on the message at primary health care clinics, medical centres, secondary schools, tertiary institutions, churches, community and faith-based organisations as well as events in marginalised areas. These messages are passed on in an interactive session using questions like "What do you know?" "What scares you?" "What have you heard?" The answers to these questions provide the Field Officers an opportunity to pass on the facts and allay fears in an uncomplicated way.

The Organ Donor Foundation is also developing leaflets and posters for use in clinics, doctor's and dentist's rooms as well as medical centres. The Foundation also engages with the elders in communities as their input is important to improve communication.

The ULUNTU Project has had great success, in the Western Cape and to date has reached out to hundreds of community members in Gugulethu, Kayelitsha, Macassar, Paarl, Langa and Mfuleni. The next step is to increase the reach in the Western Cape as well as to roll the programme out into the Eastern Cape and Gauteng.

Funding is needed to increase activities and to extend the project nationally – financial and sponsorship contributions

are required to buy promotional items to attract larger crowds to reach more people. The Organ Donor Foundation is also recruiting more Field Officers to take the message around the country to empower thousands of people to make informed decisions – not just about their views on donation, but also when approached by the Transplant Coordinator when a loved one has passed away – to save more lives.

Every single one of us is in a position to rectify the alarming prospect of people not knowing the facts about transplantation in South Africa and to encourage people to give consent when a loved one dies. While you might not be able to make a financial contribution, your activism can be far reaching if you let those you know realise that the Organ Donor Foundation urgently needs funds to expand the ULUNTU Project. 📌



BIG BRANDS GET BEHIND #MISSINGTYPE CAMPAIGN



In an innovative bid to attract new, young blood donors, SANBS participated in the international Missing Type campaign, from 11 to 18 June 2018.

The annual campaign asks organisations to remove the letters A, B and O (symbolising the “missing” blood types with the same letters) from their logos or names for a week. Since launching globally a few years ago, the initiative has notched up phenomenal success, spurring thousands of new blood donors to sign up worldwide.

“We asked local brands to tweak their logos and ‘donate’ their As, Bs and Os for just a week. Deleting the letters of the main blood groups from the various company’s names, adverts, email signatures and other marketing material was a fun and interactive way to raise awareness of South Africa’s urgent need for new blood donors,” says SANBS Chief Marketing Officer, Silungile Mlambo.

During the course of the #missingtype week, 24 555 people attended SANBS blood drives and donor centres nationally and the campaign gained incredible traction on social media platforms locally as well as abroad.

“24 555 people attended SANBS blood drives and donor centres nationally”

In total, over 20 corporates and dozens of celebrity influencers participated in the initiative which also coincided with World Blood Donor Day. #Missingtype also contributed to welcoming 3887 new donors to the SANBS family. Comparatively, the campaign saw an increase of 18% in new donors and an 11% overall attendance increase over the comparative period in 2017.

The South African National Blood Service would like to sincerely thank all the organisations and individuals for their incredible commitment and support during the #Missingtypes campaign and we look forward to the 2019 campaign. 📌

**SOUTH AFRICA
YOUR TYPE IS NEEDED**

Donate your A's, O's and B's. #MissingType



Enjoy every m_{oment}

WHAT'S MISSING HERE?

WE'RE DRIPPING THE "O" IN OUR
TAGLINE TO SHOW YOU WHAT A
WORLD WITHOUT TYPE "O" BLOOD
DONORS WOULD LOOK LIKE.

IT ONLY TAKES A
m_{oment}



ANIMALS CAN DONATE TOO

Pet owners often mourn the loss of their four-legged-friends as a result of trauma, poisoning or surgical complications. In these instances, blood transfusions are required which creates a real demand for pet blood donors. Each year, around 400 pets are treated with blood transfusions at Onderstepoort Veterinary Hospital alone. For this reason, animal blood banks are urging pet owners to consider pet blood donations to help meet the constant demand.

Pet Blood Bank

Most Veterinary clinics in South Africa have blood donor programmes that are both transparent and easy to understand. A few blood banks actively sell excess products to private veterinary practices and include Pretoria's Onderstepoort Veterinary Academic Hospital, Atterbury Animal Clinic, Valley Farm Animal Hospital and the Tygerberg Animal Hospital in Belville.

The Gaz'lam editorial team spoke to the nursing staff at Onderstepoort to find out more...

When do animals need blood transfusions?

"Animals require blood transfusions when they are injured in accidents, fights or attacks from other animals and when they have diseases such as tick fever which breaks down red blood cells".

Can all pets donate blood?

"The most common animal blood donors are dogs, cats and horses. Dogs and cats can donate blood every 4 to 6 weeks and in both cases their blood type must be determined as a transfusion of the wrong blood type can be fatal.

Eligible dogs must:

- ♦ Be between 1 and 7 years old
- ♦ Weigh 25kg or more
- ♦ Be fully vaccinated
- ♦ Never had a blood transfusion themselves".

How does the transfusion work?

"Blood cannot be transfused between different species but different types within a species can receive each other's blood. The procedure itself takes about 30 minutes. The donor animal is examined by a qualified veterinary nurse under clinical supervision and is screened to make sure they are healthy and that their blood count is high enough to donate. If required, the animal then receives a mild sedative, a needle is inserted into the jugular vein, a pump extracts a pre-determined amount of blood and an antidote to the sedative is given if necessary. As a guide, an animal weighing 25kg can donate one unit (450ml) and animals weighing more than 50kg can donate 900ml every 4 to 6 weeks.

Is the procedure risky?

"The procedure is very safe and risks are low, but we do ask the animal's owner to sign an indemnity form before we begin the procedure."

How much does the procedure cost?

"Here at the Onderstepoort Veterinary Academic Hospital the procedure is free and in return for being a blood donor here, the animals receive heaps of praise and affection by the staff and are given a general check-up and are de-wormed." ♦



You're
somebody's
type.

Donate today. Your Blood Saves Lives.



SANBS
South African National Blood Service

sanbs.org.za



Multiple award winning pop singers **Amanda Black** and **Vusi Nova**, who both hail from Mthatha in the Eastern Cape, collaborated on a song for Blood Donors called **Gaz'lam**. This song was written to inspire fellow South Africans to save lives by donating blood.

Amanda Black is a well-known Afro Pop musician who caught South Africa's attention on Season 11 of Idols South Africa and rose to fame following the

release of her single "Amazulu" in 2016.

Vusi Nova, well known for his songs "Thandiwe" & "I'd rather go blind" is fondly known for his emotionally charged love songs. He rose to prominent stardom with his critically acclaimed debut album "Walk Into Light" in 2013.

Both artists have always wanted to work with each other but never got the opportunity. The universe intervened and brought them together.

Gaz'lam Magazine had a chat to them about this beautiful collaboration.

Gaz'lam: Why did you get involved in this remarkable song?

Amanda Black: I decided to get involved in the song because I believe that music is a great way to spread awareness and inspire people to donate blood.

AFRO POP STARS RALLY BEHIND SAVING LIVES.

The song is
available on:

Spotify*
Mtnmusic*
Playstore*
iStore*

Vusi Nova: I believe that music is a universal language and when people hear the song, they will be touched and want to make a difference.

Gaz'lam: This is your first collaboration; what was the experience like?

Amanda Black: I have been wanting to collaborate with Vusi for a long time and I am happy that it has finally happened.

Vusi Nova: Amanda and I have known each other for a long time and have been wanting to work with each other for a long time. I always tell her how amazing she is and she always tells me the same so this made it easier to work together.

Gaz'lam: Are you blood donors?

Amanda Black: Yes, I am a registered donor and my blood type is B+. I started donating in high school.

Vusi Nova: I am very happy to say that I started my blood donation journey this year on World Blood Donor Day. I registered as a donor and also found out that my blood type is A+.

Gaz'lam: What is your message to young South Africans who are still considering donating blood?

Amanda Black: My message to young South Africans is that giving blood is about

saving lives and giving other people a second chance. We need to play our part where we can. One day you or someone close to you will need blood to save their lives.

Vusi Nova: To all blood donors out there, thank you for saving lives and keep it up.

Gaz'lam: What can we expect to see from you?

Vusi Nova: I released my new single a few weeks ago called *Ndizakulinda* and I am really excited for my fans to hear it.

Amanda Black: More music and moving on to greater heights. I also wish to be more involved in inspiring projects such as this song and make a change where I can with what I have. With my music I plan to inspire and influence young people to never give up and play a part in their communities.

The South African National Blood Service does not take lightly the power of music to influence society for the greater good. Thanks to Vusi and Amanda, many young people will heed the call to donate blood regularly and save many lives in the process.

**Thank you for your
generous hearts.**

GAZ'LAM

SONG LYRICS



Chants:

EYAAAA
EYAAAA X8

Chorus: (english)

All we need is love
Be a lifeline
Your blood is a precious gift
ooh
Be a hero now. x2

Verse: (Vusi)

Tshintsh'ubomi
bomny'umuntu noba
umnye
Uyakudinga
Yiba liqhawe yeah
Udlal'indima yakho

Verse: (Amanda)

Umsebenzi ngowakho
Negazi lelakho
It's to make the change now
So please give life today.
Ayikho eny'indlela
Umntu ngumuntu ngabantu
Sisi bhuti nawe mama tata.

Chorus: (zulu)

Yebo igazi lam
Liyisipho
Nawe ke gaz'lami
Yiba nomusa x2

Verse: (Vusi)

Ubomi bufutshane
Wen'uzwathi wenzeni na?
Ndim lo ndilapha
Nal'igazi labo.
Chorus: (zulu) x2

Chants: x 8

Chorus: (zulu) x2
Chorus: (english) x2



“ 5FM used the bleed-off as a unique way to create excitement around the act of donation to see who could fill their blood bags the fastest. ”

South Africans answered the call to do “country duty” by donating blood in droves on World Blood Donor Day, Thursday 14 June 2018 – which saw a record haul of 5 413 people flocking to local blood drives and donor centres.

Significantly, the tally for the entire week (21 874 people) included 6 763 new, potential or lapsed donors joining the crusade to save lives – a third of the total number.

With more than 17 600 successful donations, and with each unit being used for up to three procedures, this means during that week alone, South Africans helped to potentially save more than 52 000 lives.

The SANBS joined the global community on 14 June, when World Blood Donor Day was celebrated with the theme: “Be there for

someone else. Give blood. Share life”. Every year, this event encourages healthy people to donate blood by highlighting the need to maintain a stable supply of blood and blood products.

The day was emphasised

SELFLESS SOUTH AFRICANS STEP UP TO THE PLATE TO HELP SAVE LIVES ON WORLD BLOOD DONOR DAY

with incredible activations by our broadcast partners, Metro FM, Ukhozi FM, Kaya FM, YFM, Jacaranda FM, 5FM, East Coast Radio, Algoa FM and many more.

Two of the most significant highlights of the day were the launch of the brand new song by Amanda Black and Vusi Nova – “Gaz'lam” and the 5FM bleed-off between SANBS CEO Dr Jonathan Louw and producer of 5FM's early afternoon programme, with Forbes and Fix, Andre Kunz. 5FM used the bleed-off as a unique way to create excitement around the act of donation to see who could fill their blood bags the fastest.

Thanks to our amazing cohort of regular volunteers, plus an influx of new donors and those who hadn't donated in a long time the

national target of 153% was achieved on World Blood Donor Day.

It is the highest number of donations in South Africa on World Blood Donor Day since 2012, which gave the national blood stocks a huge boost when we needed it most.

The donations included a marked increase from race and age groups that have previously been under-represented when it comes to blood donation.

What was especially encouraging was the fact that, during Youth Month, 34% of the blood donated came from people under the age of 30.

SANBS extends a heartfelt word of gratitude to all our donors, media partners, employees and our ambassadors for an amazingly successful activation. 🩸



New Haemoglobin (Hb) Criteria for Male Donors in Kwa- Zulu Natal

As part of ongoing efforts to improve blood donor safety, SANBS is currently piloting the implementation of a higher minimum haemoglobin (Hb) level for male donors in Kwa-Zulu Natal. Male donors in the province are eligible to donate blood if their Hb level is 13.0 g/dL or higher. Male donors with Hb levels below 13.0 g/dL are deferred from donating and provided with information on how to improve their Hb levels. At the end of the deferral period, donors are reassessed and able to donate if their Hb levels have improved.

Historically, in most countries in the world, both male and female haemoglobin thresholds for blood donation was 12.5 g/dl. However as scientific studies and new evidence emerged the realization was that for males, a haemoglobin of 12.5 g/dl might be too low and may increase the risk of development of iron deficiency and/or anaemia. A similar study done at SANBS has also suggested that the hemoglobin criteria for male donors may be too low. Many organizations now recommend the use of a higher minimum haemoglobin level for males, a recommendation now also endorsed by SANBS.

The pilot project commenced in Kwa-Zulu Natal in April 2018. Kwa- Zulu Natal was selected as a pilot site as the number of donors who develop anaemia in this zone tends to be higher than most zones. The pilot is intended to introduce the new criteria in a controlled manner which will enable SANBS to monitor the successes and challenges prior to roll-out in the rest of the zones. A donor information leaflet has been developed to inform affected donors of the change. Any queries or comments relating to the new criteria pilot can be directed to the SANBS customer service call center toll free on 0800 11 90 31 or email: customerservice@sanbs.org.za. 🩸

Meet the SANBS MILLENNIAL BOARD

You're used to seeing them lounging on a bean bag, texting is their thing and social media is their world view.

They are seen as the rebels of the workplace – they don't like cubicles, offices or bureaucracy – they just don't fit into the "old school" mould of corporate culture.

But, what makes them invaluable is their incredible drive. Millennials enter the workplace itching to prove themselves and are full of fresh ideas. They don't just want to change their position – they want to change the world! They want innovation, authenticity and motivation – they want to lead the new future of business.

SANBS chose to use this unique generation's potential by creating the SANBS Millennial Board.

Their mandate for 2018 is to 'Create a culture of different generations working together to solve strategic challenges facing the SANBS'. No simple task, but this vibrant young board is more than up to the challenge.

We look forward to seeing the impact they are undoubtedly going to have and we look forward to the positive strategies for the future of the SANBS. 🔥

Who is on the Mill Board?



Derryn Fuller



Eric Mohlatsane



Genevieve Jacobs



Kelebogile Kotsedi



Lebohang Lebogo



Lerato Modisane



Lindokuhle Nsibandé



Munzhedzi Kutama



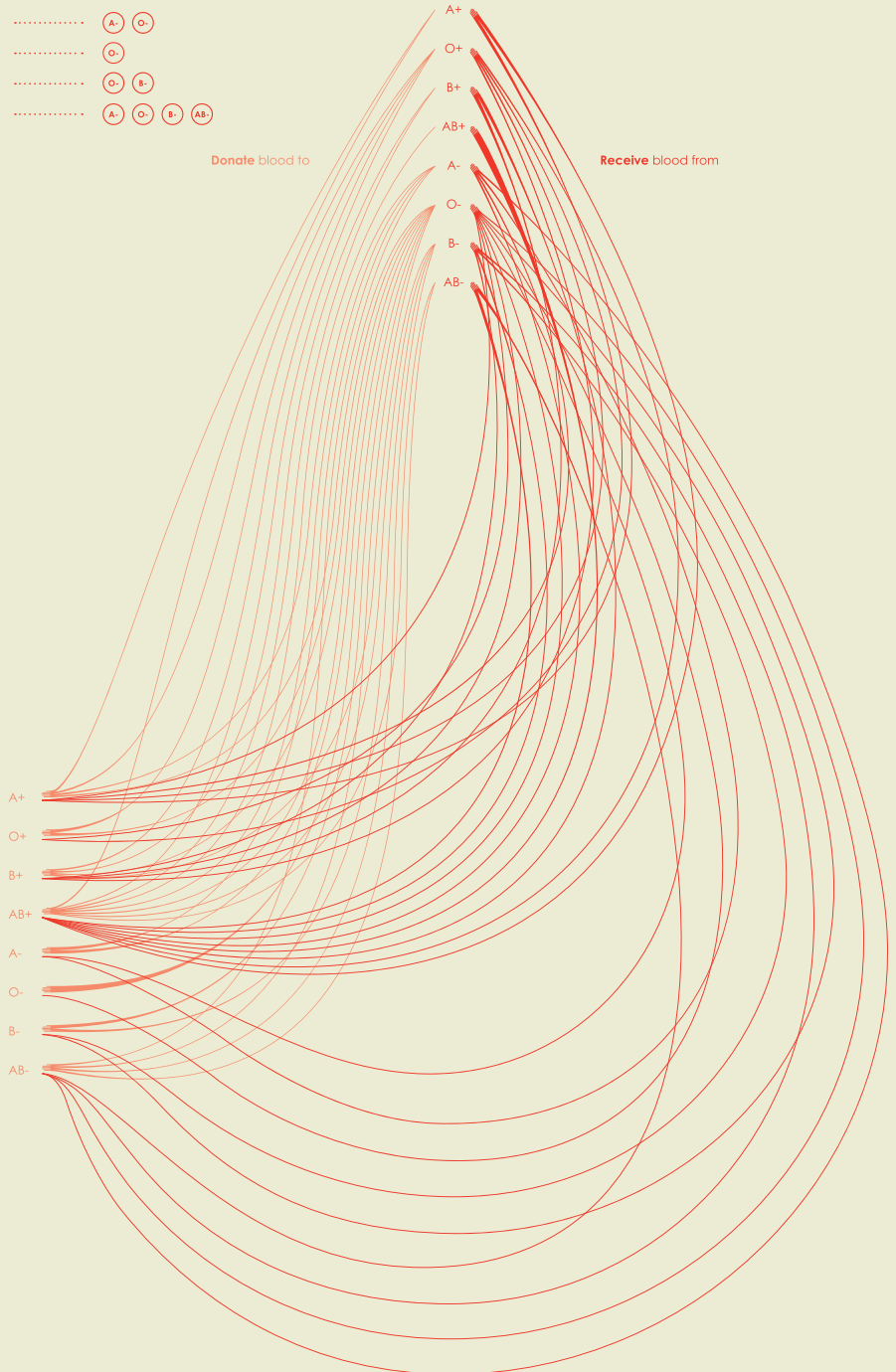
Nkululeko Mzimela



Thulane Ngidi

Blood types

Blood Type	Donate blood to	Receive blood from
A+	A+ AB+	A+ O+ A- O-
O+	A+ O+ B+ AB+	O+ O-
B+	B+ AB+	O+ B+ O- B-
AB+	AB+	Everyone
A-	A+ A- AB+ AB-	A- O-
O-	Everyone	O-
B-	B+ AB+ B- AB-	O- B-
AB-	AB+ AB-	A- O- B- AB-



RESEARCH BREAKTHROUGH

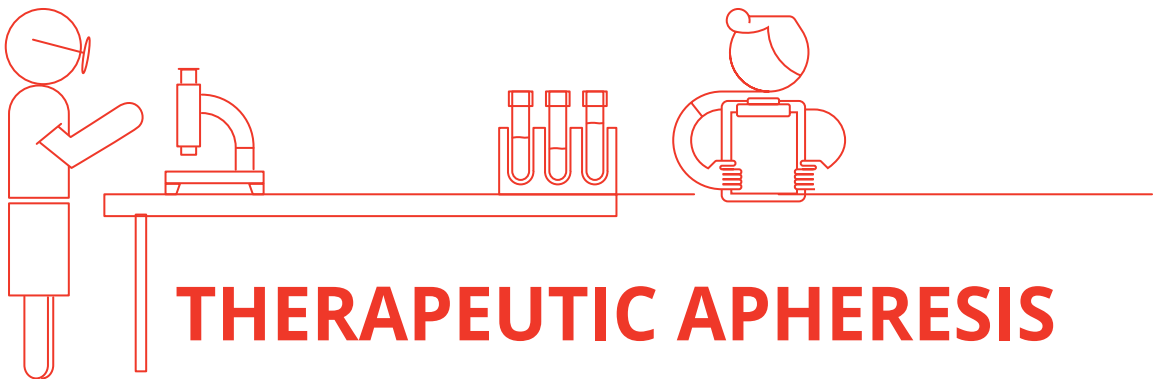
The United States' Federal Drug Administration (FDA) has approved gene therapy for inherited retinal diseases, which signals a new age for gene treatment, which has encountered setbacks for years.

There is now new hope for patients who have the defective gene RPE65. This defective gene produces a protein that

causes nimble receptors in the eye to experience leber congenital amaurosis and retinitis pigmentosa.

The new treatment, Luxuturna, which is made by Spark Therapeutics, is inserted into the eye and utilises a benign virus to deliver healthy replicas of the gene to the retina. According to researchers, while it is not a cure, it can substantially improve vision. However, it has an enormous per-treatment price tag. Nevertheless, this has tremendous potential as a medical breakthrough, because the majority of cancer cases start with a DNA defect. ♦

<https://www.cnn.com/2018/01/17/6-big-medical-advancements-to-expect-in-2018.html>



THERAPEUTIC APHERESIS

Many patients are alive today as a result of the amazing volunteer blood donors who give their blood selflessly to save a stranger in need of a transfusion. In some instances, a regular transfusion is not enough. These critical care patients require a specialised procedure called therapeutic apheresis.

It is a procedure performed by highly trained SANBS staff, using state-of-the-art technology and which can treat as many as 80 different diagnoses. These specialists are actively involved in ensuring that the procedures are carried out correctly for the ultimate benefit of the patient.

Basically what it entails is the removal of the specific type of blood component and replacing it with the products made from donor blood.

The patients who most often require therapeutic apheresis are some HIV positive patients who require a plasma exchange and stem cell transplant patients. ♦

For more detail on this truly remarkable side of the SANBS medical expertise, visit sanbs.org.za.



Career development opportunities at SANBS:

Are you interested in working in a healthcare setting, perhaps performing blood tests in a laboratory or drawing lifesaving blood from donors, but you do not have the necessary qualification? Did you know that SANBS has development opportunities for the qualifying community members? We have a very capable Learning & Development department that facilitates a variety of training programmes leading to an accredited and nationally recognized qualification. The SANBS Learning & Development department is registered with HWSETA (Health and Welfare Sector of Education and Training Authority) and HPCSA (Health Professionals Council of South Africa) to facilitate these programmes e.g.:

- ◆ Internship for medical technologists
- ◆ Medical technicians
- ◆ Lab assistants
- ◆ Phlebotomy learnership

Fact sheet regarding the Internship for medical technologists:

- ◆ **Entry Requirements:** The applicant must have completed a National Diploma in Biomedical technology.
- ◆ **Main tasks:** attending monthly theoretical training at any of the SANBS training centres and also working in a blood bank as part of the practical

skills training. The learner will perform compatibility tests (under supervision) on blood samples taken from patients to issue blood from donors.

- ◆ While the learners are on the programme, they get a stipend from HWSETA, and once absorbed by SANBS they get a monthly salary including all the benefits related to the position.
- ◆ The programme is facilitated from March each year and is a 12 months programme. These learners write a board exam with SMLTSA at the end of their year of study. Once they have passed the board exam, they are registered at the HPCSA as qualified medical technologist in the discipline of Immunohaematology.
- ◆ In 2017 we had 7 medical technologists participating in the Internship in Johannesburg and 5 in KZN.
 - ◆ All 12 wrote the SMLTSA board exam and passed.
 - ◆ All 12 have since been absorbed by SANBS.
- ◆ Currently SANBS has 23 new learners (17 in Johannesburg and 6 in KZN) who started their programme in March 2018.

Fact sheet regarding lab assistants:

- ◆ These learners are funded by SANBS.
- ◆ It is a one year programme (March to March). These learners write a board

exam with SMLTSA at the end of their year of study and once they pass the exam, register at HPCSA as qualified laboratory assistant in Blood Transfusion.

- ◆ **Entry requirements for lab assistants:** Matric preferably with any of the science subjects for future development.
- ◆ **Main tasks:** attend classroom based theoretical training, but are also placed at any of the SANBS Processing centres where the donated units of blood are separated into the different components.

Fact sheet regarding medical technicians:

- ◆ These learners are funded by SANBS
- ◆ It is a two year programme starting in March each year. These learners write a board exam with SMLTSA at the end of their second year of study. Once they have passed the board exam, they are registered at the HPCSA as qualified medical technicians in the discipline of Immunohaematology
- ◆ **Entry requirements for Medical technicians:** Matric with Maths and science.
- ◆ **Main tasks:** attending theoretical training at any of the SANBS training centres and also working in a blood bank as part of their practical skills training. The learner will perform compatibility tests (under supervision) on blood samples taken from patients to issue blood from donors.

Fact sheet about the Phlebotomy learnership:

- ◆ All external phlebotomy learnership candidates are funded by HWSETA and the stipend is supplemented by SANBS which makes it very competitive with other organisations that also facilitate this learnership.
- ◆ It is a 24 month programme starting in April each year.

- ◆ **Entry requirements:** Matric, Maths (or maths literacy). Science/Biology would be advantageous.
- ◆ These learners write the SMLTSA board exam in October at the end of their second year of study. Once they have passed the board exam, they are registered at the HPCSA as qualified medical technicians in the discipline of phlebotomy.
- ◆ **Main tasks:** performing phlebotomy procedures (drawing blood from donors) at donor centres and mobile blood drives. Also attending monthly classroom based theoretical training.
- ◆ **In 2016:** We had 13 learners (9 external and 4 internal SANBS employees) who wrote their board exam last year. Ten of those learners passed their board exam. Nine of them found permanent employment with SANBS and the other one found employment at an external pathology laboratory.
- ◆ Twenty learners started on the phlebotomy learnership in 2017 and will be writing their board exam in October this year. These learners are all attending training in Johannesburg.
- ◆ We also have a group that started in 2018 – Twenty in Johannesburg and ten in KZN.

Watch this space for other programmes that we aspire to make available to the public in the near future. This include programmes like HIV/AIDS awareness, Infection Prevention and Control and also Good laboratory Practice.

Now you have read some interesting facts on how SANBS helps develop and empower the community in giving them a qualification, skills and job opportunities. Are you interested in joining one of these programmes? Visit the SANBS website career portal. Who knows? You could become part of the team that saves lives... 💧



THE BREAST MILK FOUNDATION

committed to
improving the health
of premature and
ill infants.

primarily to premature and ill infants.

Breast milk is the most beneficial food for infants up to 6 months of age as it is a perfectly balanced source of nutrition and contains active antibodies to fight infection.

How do you ensure that the donated milk is safe?

- Donor mothers are tested for HIV
- Hepatitis B and
- Microbiological testing

What is safe breastmilk?

Breastmilk from a healthy donor that has been screened/tested and stored correctly.

Why should you donate breast milk?

A lactating mother should donate her milk for several reasons. A mother's breast milk donation is the only way that a critically ill, premature infant can receive a purely human milk based diet.

The need for breast feeding.

A mother's milk needs to be unadulterated. It is a living substance, more complex than blood, and it comprises a variety of nutrient and immunological factors that cannot be replicated. It is instantly absorbed and with

The Breast Milk Foundation was founded in 2015 as a non-profit organisation to foster better health for children and ensure a safe introduction to a new world for little ones. It was established to improve health outcomes for premature babies and ill infants.

When a mother is unable to supply sufficient breast milk to meet her baby's needs, donated human milk is the next best option. The BMF strives to cater to mothers who fail to lactate or cannot feed their infants with their own milk for other reasons.

In a nation which faces high infant mortality rates, the BMF intends to overcome this problem that exposes preemies to life threatening illnesses, serious infections and other complications. The BMF will do this by accepting donated human milk which is pasteurised and dispensed by physician prescription –

positive, immediate and long term health outcomes, it is the most beneficial food for infants.

Challenges faced while breastfeeding.

Breast feeding is necessary for the baby and the most natural way to feed an infant, but things don't go smoothly for every mother. It requires a bit of patience and time to master the skill. So, be ready for a few challenges on your way to motherhood:

1. Low Milk Supply - This usually happens when your breasts are unable to produce enough milk to meet your infant's nutritional needs. But there is definitely nothing to worry about if this is happening when your baby is 3-6 weeks older as your body is just trying to adjust to the needs of your baby. If this is the case before this time period you just need to signal your body to produce more and synchronise with when your baby needs to feed. However, you need to beware of contraceptive pills during your breastfeeding period as such pills can cause you to produce less milk.

2. Sore Nipples - Some mothers experience sore nipples in the first few weeks of breastfeeding. This is mainly because your infant is not nursing through both your nipple and areola in the mouth. All you need to do is try and help your baby to open his/her mouth wider taking in more of the nipple and areola, and not the nipple alone, causing the pain. If your nipples are cracked or bleeding, use a hydro-gel pad to keep your bra from sticking to your nipple. This will reduce pain and help your nipple heal faster. You can also express a few drops and rub it over your nipple with clean fingers then let your nipples air dry, if possible. Breast milk has natural healing emollients and is readily available.

3. Engorgement - This usually happens during the first week of breastfeeding as your body is still adjusting to your baby's needs. This is when your breasts become too full of milk causing them to harden and be painful. Engorgement can also

happen anytime you do not breastfeed or pump for an extended period of time. To prevent engorgement, allow your baby to breastfeed as often and as long as he/she desires. Also, when you are away from your baby, just carry your breast pump if not just hand express on the same schedule that your baby breastfeeds.

Why BMF?

Breast feeding is the biological norm and breast milk is a perfectly balanced source of nutrition. It is a living substance, is more complex than blood and it is comprised of a variety of nutrient and immunological factors that can't be replicated. It is the most beneficial food for infants as it is instantly absorbed and has positive immediate and long-term health outcomes.

While the contents vary and constantly change, breast milk contains active antibodies which protect new-borns from many infections and diseases. It ensures optimum physical and neurological development and assists in the treatment of allergies, feeding intolerance, immunologic deficiencies and in-born errors of metabolism.

The World Health Organisation and UNICEF support mothers' milk as the first alternative should a mother's milk not be available. The absence of infection and disease is ensured through screening and pasteurising donated human milk while the nutritional content and benefits are maintained.

Donate Milk.

If you are a healthy, lactating woman who has milk surplus after feeding your baby, then you can donate milk to help save an infant's life.

How to become a donor.

- Contact us and we will answer any questions you may have.
- We will then screen you to make sure that there is nothing that makes you ineligible to donate milk.



- Once you have been successfully screened, you'll need to complete the consent form for donation and we'll upload your blood investigation reports for further procedures.

Donor Eligibility.

Donor mother must be:

- In good health.
- Willing to have blood tests to prevent communicable diseases.
- Only use approved medications.
- Do not smoke.
- Do not regularly consume alcohol or illegal drugs.

You can still qualify to be a donor if:

- You have had a major illness or surgery in the last 12 months.
- You have heart disease or high blood pressure.
- You have had vaccinations or shots in the last 12 months.

- You have taken certain medications.
- You have had a significant weight loss.
- You drink coffee or alcohol in moderation.
- You have received blood or blood products more than 12 months ago.

You cannot be a donor if:

- You have been infected with Human Papilloma Virus (HPV).
- You have been infected with HIV or venereal disease.
- You are diabetic requiring insulin injections.
- You have ever received human pituitary growth hormone or a dura mater transplant.
- You have a history of cancer.
- You have ever injected drugs.
- You have had intimate contact with anyone at risk of HIV, HTLV or infectious hepatitis.
- You smoke, vape, use any tobacco or nicotine patch or you live with a smoker.

Receive milk.

Premature babies, weighing under 1.8kgs at birth and younger than 14 days of age. Without breastmilk during their first two weeks of life, these babies are vulnerable to infections and diseases due to their very immature immune systems. Under our outpatient programme, we treat every request on a case basis after discussion with our Medical Advisory Board, but generally our recipients are babies with severe allergies where breastmilk is a medical necessity or mom needs to interrupt breastfeeding due to medical treatment contraindicated to breastfeeding 💧

SABR Head Office

Address: Johannesburg Office, The Media Mills, 7 Quince Rd Braamfontein

Telephone: 011 482 1920

Email: info@sabr.org.za



Cut 40+!

Bethlehem

SANBS not only sees itself as a cornerstone of the South African healthcare system through the gift of life, but also wants to be viewed as a caring and supportive organisation. The Cut 40+ Promotion, held Bethlehem's Metropolitan Centre proved just that. The aim of the promotion was to encourage people to donate blood and raise cancer awareness in the area.


Barbara Bornman, who manages the SANBS collections in Bethlehem, offered to donate her beautiful long hair in support of the initiative. The hair she donated was made into a wig which would be given to a cancer patient. The Cancer Association of South Africa (CANSA) emphasised the overwhelmingly positive psychological impact receiving a wig has on many women suffering from cancer.

Before Barbara's hair was cut, she was given a final blow wave by the local

hairdresser, La Hair Lounge Salon. Shoppers were encouraged to participate in the initiative which included a CANSA Shavathon and a SANBS blood drive.

The day was a resounding success with 113% of the blood donation collections target achieved and culminated with Barbara's hair donation to CANSA at the end of the day.

At 15h30, the team had already collected 37 units of blood with donors still queuing to donate and by 16h30 the target was achieved.

SANBS wishes to thank all the participants who took part in the promotion that made dreams come true and provided special moments and stories for the future. 



MTN Walk the Talk



The MTN Walk The Talk with Talk Radio 702 took place on a chilly July morning but the cold didn't deter the warm hearts of our SANBS employees. Over 300 dedicated brand ambassadors took to the streets surrounding Emmarentia in Johannesburg. Over 50 000 South Africans walked for causes close to their hearts and displayed their incredible spirit of solidarity and Ubuntu.

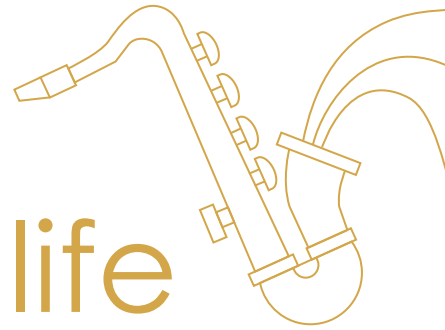
The Gazlam team joined the walk and followed the SANBS employees along the 8km route. When the team reached

the finish line, walkers were also given the opportunity to give the gift of life by donating blood. It was the first time a blood drive was hosted at the biggest mass participation event in the Southern Hemisphere and thanks to the generosity of the

donors, over 140% of the expected target was collected and many new blood drives were requested as well.

The SANBS employees were all dressed in their signature laboratory coats with the main aim of educating their fellow walkers about the amazing testing every unit of blood undergoes. The annual and eagerly anticipated event is one of the highlights on the SANBS calendar and the 2018 rendition truly set a new bar for creating awareness and getting more people to donate blood. 🩸

Dieter Uken celebrating life



Born on the KZN South Coast, Dieter Uken always enjoyed making music and started playing drums when he was only 8 years old.


Dieter's life has been saved at least twice by blood donors like you! Fourteen years ago, he had a massive brain tumour removed and lost almost 3 litres of blood during the procedure. The fist-sized tumour had roots growing behind his right eye and vascular system in his neck. He had to undergo a Craniotomy, or 'Alice Band Cut' and his eye socket was reconstructed after the tumour was successfully removed. He thanks largely the blood transfusions he received on the operating table.

Then, a year ago, on the 19th of May 2017, he was diagnosed with colon cancer.

He underwent two further surgeries before he could undergo radiation and chemotherapy and he again had to have several blood transfusions as his red blood cell count was very low due to internal bleeding.

“Today his blood count is perfect due to the transfusions and the wonderful medical care he received.”

Cancer has now been detected in his liver and lungs and he may have to undergo chemo again soon. Nevertheless,

Dieter is grateful for every day. He loves life and has peace of mind knowing that there are people like you who give so freely, so that people like him can live longer, better lives! 



SANBS launches platelet donation centre in Mpumalanga



Semī Privi-Raj and Josephine Mitchel cutting the ribbon.

Middelburg is home to the Mpumalanga Zone Headquarters which controls operations in Nelspruit, Secunda, Ermelo and eMalahleni. Among the top-notch blood drives, the donor centres and the admin facilities, SANBS Middelburg also boasts a world class laboratory which processes blood into its three constituent components.

While SANBS goes to great lengths to collect blood regularly in the province, platelet donation was not possible and donors had to travel to Tshwane or Johannesburg to donate platelets.

Single donor (or apheresis) platelets are most commonly used for the treatment of cancer patients but have many other uses as well. Whole blood donation provides the three blood products – red blood cells, plasma and platelets, but 5 units of whole blood are required to make the equivalent of one unit of apheresis platelets.

Earlier this year, a new platelet donation facility was opened in Middleburg with the support of the community, local hospitals, the mayor and the media. Middleburg's first ever platelet donor Katie Reyners said: "My daughter was approached, but she works during the day, so I got tested and qualified to become a platelet donor. I donate because I know it helps cancer patients and that makes it personal – my husband passed away 7 years ago due to colon cancer."



Alderman Mike Masina – Former Executive Mayor of Steve Tshwete Municipality addressing the guests at the launch

The Mpumalanga team are confident that the introduction of the platelet donation facility in Middelburg will make significant strides in ensuring the sustainability of the platelet supply to patients in need.

You can donate platelets at the Middelburg Blood Donor Centre at **29 Walter Sisulu St, Wonderpark Shopping Centre, Middelburg**
Contact: 013 243 6785 🩸

Middelburg donor centre is now open for platelet donations.

The Middelburg donor centre can now accommodate platelet donations! Book your blood tests today and help change someone else's tomorrow.

29 Walter Sisulu St, Wonderpark
Shopping Centre, Middelburg
Tel: 013 243 6785

www.sanbs.org.za



Your **blood** saves lives.



Soweto Walk 4 Life saves lives.

On May 13th, the SANBS was at Jozi FM's Soweto Walk 4 Life. More than 6 000 people enjoyed the day's activities around the Nike Stadium.

In order to make people more aware of blood donation, the SANBS not only facilitate a water station for the participants, but also set up the first ever blood drive at this popular event. The objective was to recruit more donors and to ultimately make it more convenient for people to give the gift of life.

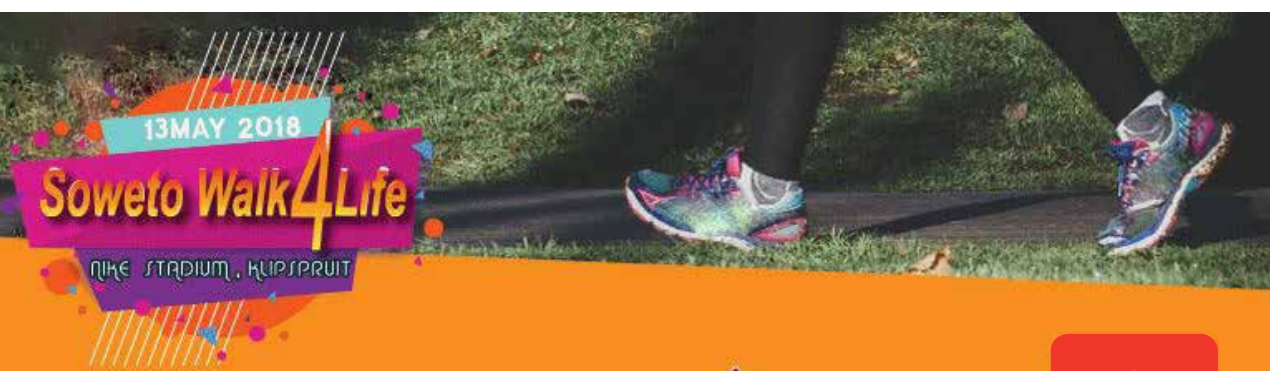
The walkers and their supporters were in a very generous mood on the day and the blood drive team's collection target was exceeded by 160%, while 77% of the donations were from people who had



Never donated blood before or who

hadn't donated for a long time. This success demonstrates the enthusiasm of the Soweto community, the SANBS Team and our proud media partners for the event, Jozi FM.

One of the objectives of this partnership was to invite the public to suggest blood drive venues where it would be convenient for people to make blood donations. If you want to arrange a blood drive at your organisation, please contact the SANBS toll free at **0800 11 90 31** or visit sanbs.org.za 🩸



IT'S *Your* COUNTRY ENJOY IT

WHO SAYS YOU CAN'T FIND YOUR ADVENTURE? YOU CAN!

Ask anyone and they'll tell you that South Africa is one beautiful place. From fantastic beaches to the vibiest cities, the lushest landscapes and so much more, there's something new to discover every day of the year!

You could take a Sho't Left to the Eastern Cape and visit Hole in the Wall, the legendary

rock formation tucked away in the Wild Coast settlement south of Coffee Bay.

If you want to hit the beach, Port Elizabeth is home to popular King's Beach with warm waters all year round, popular for swimming and bodysurfing. If a bit of bundu-bashing rocks your world, our national parks are known the world over for offering some of the best wild-life experiences imaginable.

Or head to the beautiful province of Mpumalanga and soak up some of South Africa's most beautiful landscapes.

Yes, budget can sometimes be too tight to mention, but Mzansi has so many options for so many pockets. You'll even be amazed at what you could discover in your own back yard.

Whether it's a guided tour around your city, a relaxing day at the park or a full-on getaway, have a look through www.shotleft.co.za to find the deal that tickles your fancy.

**After all, it's your country. Enjoy it.
Because nothing's more fun than
a Sho't Left.**



NOTHING'S MORE FUN THAN A
SHO'T LEFT
www.shotleft.co.za



SOUTH AFRICAN TOURISM

DONOR COMMITTEES

Are you passionate about saving lives?

Are you keen on being the 'eyes and ears' of the Blood Service in your community?

Have you got ideas about creating awareness about the importance of blood donation in your community?

Are you willing to assist the Blood Service in overcoming blood shortages?

Then you should become a member of your Branch Donor Committee! Because every Branch Donor Committee plays an important role in the South African National Blood Service's (SANBS) governance structure.

**BECOME A
MEMBER**

Committee member's Roles and Responsibilities

- ◆ To facilitate the recruitment and retention of members.
- ◆ To elect and appoint Zone Donor Committee members from its voting members.
- ◆ To attend training sessions, meetings and represent the Committee at branch functions and activities – timeously.
- ◆ To make a positive contribution that enables the branch to meet its objectives and targets set by the Donor Relations and Marketing Divisions.
- ◆ To promote and abide by the Values, Strategies, Mission and Objectives of the SANBS.
- ◆ To maintain good relationships with SANBS staff at all times.

Committee Structure and membership

Each Branch Committee comprises no less than five and no more than fifteen voting members in addition to no more than five non-voting members – including the Branch Collections Manager and Donor Relations Practitioner.

The Branch Donor Committee Chairman and Deputy Chairman must be voting members. There is no membership time limit providing the member fulfils the requirements of:

- ◆ Being a donor within the branch territory between the ages of 16 and 70 years.
- ◆ Being a fit and proper person in terms of honesty, integrity, reputation and acting in the best interests of the SANBS.
- ◆ A Voting Member must maintain their donor status.

Prospective members will be considered during Annual General Meetings and at Donor Awards functions.

Meetings

The Branch Committee meets at least four times a year and members will receive notice of the meeting, its agenda and other documentation.

Remuneration

There is no remuneration for attending Branch Donor Committee meetings or other functions. However, for attending approved meetings and functions, members will be refunded for travel costs and toll fees when claimed on an official SANBS Claim Form which is signed by the Collections Manager and accompanied by proof of expenditure. Where a meeting or function is held in the evening and the return journey exceeds 100km from the member's residence, accommodation will be provided. ◆

HLA Testing by SANBS enables successful transplants

One of the services which SANBS provides and which further contributes to the service being a cornerstone of the South African healthcare system is Human Leukocyte Antigen Testing, or HLA testing. The world class team at SANBS are responsible for all pre-transplant HLA testing nationally.

HLA Testing is primarily used to match organ or tissue recipients and donors and identifies the major HLA genes and antigens (proteins) that are on the surface of their cells.

These antigens allow our antibodies to determine which cells are "self", or which are "foreign", or "non-self". Any cells identified as "non-self" trigger an immune response and the production of antibodies.

Importantly, HLA testing also screens transplant recipients for antibodies that might target the donated tissue or organ in an immune response.

Different types of transplants require different levels of donor and recipient matching, which in turn, determines which HLA testing is performed. In bone marrow transplants, for example, the recipient and donor HLA genes and antigens need to be as close a match as possible for a successful transplant without rejection or attack by the recipient's immune system to take place.

Thanks to the state-of-the-art HLA testing being carried out at the South African National Blood Service, thousands of transplant patients have survived these life-saving procedures. 📌

SANBS achieves top notch accreditation

The SANBS prides itself on delivering quality services, especially when it comes to processing, issuing and testing blood products. SANBS recently obtained accreditation from South Africa's highest accreditation authority SANAS. Gaz'lam spoke to the Senior Manager for Quality Systems at SANBS Hazel Bell.

Is it only the SANBS labs which need accreditation from SANAS?

All donor sites and blood banks and specialised laboratories need accreditation to ensure that we stay at the top of our game.

How often is SANBS assessed by SANAS? Head office is assessed annually and all sites get assessed every two years

How does SANBS and its accreditation stack up against other blood services around the world? We are 17025 accredited. This means that SANBS is aligned to top international standards and we stack up very well against other blood transfusion services.

What would happen if SANBS was to lose accreditation? The SANBS would suffer significantly from a reputational perspective. In the event of losing accreditation we would lose work we do for other labs, the proficiency programme would not be able to be sold to other labs and there would also be a massive legal impact in the event of litigation. Because we are accredited SANAS vouches for our policy and procedures and testing processes. 📌



The South African National Accreditation System (SANAS) is the sole national body mandated through the Accreditation for Conformity Assessment, Calibration and Good Laboratory Practice Act (Act 19 of 2006) to carry out accreditations in respect of conformity assessment. Accreditation means third-party attestation related to conformity assessment bodies conveying formal demonstration of their competence to carry out specific conformity assessment tasks.

SANAS operates in accordance with the requirements, criteria, rules and regulations laid down in the following documents:

- The Accreditation for Conformity Assessment, Calibration and Good Laboratory Practice Act, 2006 (Act 19 of 2006);
- The requirements of the international standard ISO/IEC 17011: Conformity Assessment – General Requirements for Accreditation Bodies Accrediting Conformity Assessment Bodies;
- The requirements as stipulated in the Mutual Recognition Arrangement (MRA) and the Multilateral Recognition Agreement (MLA) by the international bodies;
- The regulations provisions as stipulated by various national regulatory authorities that we provide accreditation support for.

This includes the accreditation of:

- a) Calibration laboratories;
- b) Proficiency testing service providers;
- c) Producers of certified reference materials;
- d) Testing laboratories, which includes:
 - Medical, Veterinary, Forensic, Pharmaceutical, Chemical and Microbiological,
 - Physical and Mechanical laboratories;
- e) Blood transfusion services;
- f) Verification laboratories;
- g) Inspection bodies;

- h) Certification bodies;
- i) B-BBEE rating agencies; and
- j) Any other type of body that may be added to SANAS' scope of activity.

SANAS is also recognized as the national body to monitor GLP / GCP compliance with the principles adopted by the OECD for GLP facilities or the VICH principles of GCP.

VISION

To pioneer and lead the future of accreditation in Africa and deliver services with a spirit of excellence.

MISSION

To create an impartial and transparent mechanism for organisations to independently demonstrate their competence and facilitate the beneficial exchange of goods, services and knowledge, and provide a service that is recognised as equitable to best international practice while reflecting the demographics of South Africa in all that we do.

SANAS's STRATEGIC OBJECTIVES are to:

- Provide accreditation support for industrial development and the protection of the health and safety of the public and the South African environment;
- Promote the acceptance of SANAS-accredited results nationally and amongst global partners to advance South Africa's trade and economic development objectives;
- Support regional integration and relations to advance South Africa's trade, industrial policy and economic development objectives; and
- Improve SANAS's operational efficiency to deliver services with a spirit of excellence.

Board Chairman: Mr Prags Govender
Chief Executive Officer: Mr Ron Josias

Physical Address:

Libertas Office Park, cnr. Libertas and Highway Street, Equestria, 0184

Main Switchboard Number: +27 (0) 12 740 8400

A directory of SANAS accredited facilities is available on:

www.sanas.co.za

JOSH MELVILLE - the miracle boy



We first met Scott Melville when he was donating blood at the Fourways Blood Donor Centre. He was the only donor there at the time and we asked him about his experience and whether he had donated blood before. He replied that he had started donating blood in 1996 and was a veteran of over 100 donations, when his son Josh was born in 2008. He never expected Josh to be dependent on donor blood for the first five months of his life.

Scott went on to describe his son's courage and resilience and encouraged us to meet with his wife, Helen, who took us back to her pregnancy in 2008. Josh was Helen's second pregnancy and at 20 weeks gestation, cancer cells were detected in her uterus which put both mom and baby at risk.

The doctors told the Melvilles that the baby would be born prematurely, could be deaf, blind or even have cerebral palsy. Thanks to Helen and her medical team's efforts, Josh managed to make it to 28 weeks but he only weighed 980g and was immediately rushed from theatre to the neonatal intensive care unit.

10 gruelling days later, the prognosis was not good. Scott and Helen were told that there was little hope as Josh could not produce his own blood and his weight had dropped to an alarming 710g. On top of that, Helen was unable to produce enough breast milk

and they had to get donor milk from the milk bank – making Josh the first ever breast milk recipient at Fourways Life Hospital.

Things were looking grim when Josh miraculously started to respond to treatment and the blood transfusions he was receiving. As Helen remembers; "With every blood transfusion he looked like a new child." Because he was receiving so many transfusions, Josh's veins were failing and he had to receive blood products through his scalp. After 19 blood transfusions in his first five months, Josh started to recover. During this time, Scott donated his precious O+ blood for Josh – which they share.



In spite of being in and out of hospital for the first three years of his life, Josh is now a strong and healthy 10-year-old who has made a full recovery and faces a bright future, thanks to the volunteers who donate blood every day. Naturally, the Melvilles are ardent blood donors and are real advocates for donation – encouraging their friends, families and acquaintances to do the same. 🩸



Which food is rich in iron?

Excellent iron sources:



Beef



Fish



Sausage



Lamb



Liver, Tripe
& Trotters



Pork



Poultry,
Oysters & Mussels

Good iron sources:



Baked
Beans



Peas



Nuts &
Dried fruit



Dry Beans
& Lentils



Dark, Leafy
greens



Prune Juice



Pumpkin &
Sunflower Seeds



Iron-fortified
Cereal

Vitamin C sources to help absorb iron into the body:



Tomatoes



Greens &
Cabbage



Strawberries



Orange &
Grapefruit



Green
Pepper



Vitamin C
Fortified drinks



Sweet Melon
& Watermelon



Broccoli &
Cauliflower

TIP: Drinking tea with your meals can prevent your body from absorbing iron, while drinking fruit juice can boost iron absorption.



BALLOON POPPING

at 
PE Donor
Centre.

*The PE Donor Centre team,
from left to right:*

*Sr Berna Liberty, Sr Gerda Oosthuizen,
Alexsha Lose and Sr Rochelle Mkutu
preparing balloons for the first ever
"Pop-a-Balloon" promotion at the
newly renovated centre.*

The PE Blood Donor Centre was recently renovated, but after months of dust, noise and disruptions, there was a decline in the number of donors visiting the centre and they needed to be attracted back.

When the new site was completed and handed over, operating hours were extended to increase blood collection capacity and to fit into donors' schedules. However, meeting the daily target proved to be a challenge and the collection deficit increased daily.

In order to bring fun and excitement to blood donation, the PE Blood Donor

Centre staff decided to have a special Pop-a-Balloon promotion where donors could win prizes. During the donor's visit, they got to pop a balloon and there was great excitement every time a prize was won.

Of course, not everybody won a prize, but the real winners are the patients whose lives depend on these blood donations.

The promotion proved to be a huge success with **127% of the event's target** successfully collected. 🩸

You're
somebody's
type.

Donate today. Your Blood Saves Lives.



SANBS
South African National Blood Service

sanbs.org.za



THE 2018 COMRADES MARATHON

The 93rd running of the 'Ultimate Human Race', the Comrades Marathon, saw nearly 20 000 runners line up to tackle the gruelling 90km from Pietermaritzburg to Durban on Sunday, 10th June.

For the 6th consecutive year, the SANBS took a refreshment station at the world-famous event. Refreshment Station 28 was on a popular spectator spot on Botha's Hill, just over 40km from the finish.

As is customary, the Saturday before the race day is spent getting ready for the thousands of runners the next day. In our case, this included making the SANBS presence felt with colourful and highly visible branding. With flying banners, gazebos, strings of bunting and a strategically parked SANBS bus, no-one could miss the SANBS station. Apart from the message, the station also delivered water, energy drink sachets, fruit and biscuits to the courageous competitors.

The passion and excitement of some of the 100 SANBS staff members was palpable early in the morning as the team

huddled around steaming cups of coffee, munching a quick croissant and donning their red shirts before they set off to their allotted stations.

Despite the rather early and chilly 5.30 am race start, our staff quickly got to work filling cups with cooldrink, setting out the fruit and biscuits and packing out hundreds of water and drink sachets. Watching the team spirit was an incredible sight with staff from various departments and geographic areas coming together with a common purpose for good.

As the sunrise gave way to beautiful clear skies, the buzz of helicopters and the passing of the lead vehicle heralded the imminent arrival of the race leaders. The sea of red shirts stood ready while the SANBS Blood Buddy mascot entertained the public and runners throughout the day.

Our team literally had their hands full keeping the thousands of runners hydrated and fuelled as they made their way to Durban's Moses Madiba Stadium. The first aid team were kept busy massaging sore and cramped legs, as usual.



Our ever-efficient clean-up teams kept busy throughout the day removing empty packets, discarded fruit peel and so on to prevent slipping or tripping by the determined competitors. Once the last runner and official race car had passed, the SANBS staff set to work to uphold our reputation for leaving a clean site.

The volunteers then enjoyed a well-deserved lunch and despite their exhaustion were still in high spirits for a job well done.

After the last branding was packed away and the final litter bags in place for collection, the team said farewell to another edition of this famous race and started talking about Comrades 2019. 📍



SANBS BLOOD BUDDY COMPLETES 5TH COMRADES IN 2018

2018 has been a ground breaking year for Blood Buddy, as the official mascot of the South African National Blood Service completed not the first, but amazingly its fifth consecutive Comrades Marathon on Sunday 10 June.

And with June being Blood Donor Month in South Africa and doubling up with World Blood Donor Day being celebrated around the same time, on June 14, Blood Buddy certainly made an impact to persuade even more blood donors to come forward as it weaved through the more than 19 000 runners on race day. Passing half a million supporters en route from Pietermaritzburg to Durban, with plenty more television viewers adding to the mix as well in an ordeal lasting 11 hour and 30 minutes.

But Blood Buddy couldn't have done it without its carrier, Comrades runner Aubrey Kruger, who completed the gruelling journey of 90.184km with Blood Buddy, or BB as he affectionately calls his faithful Comrades running partner.

Since 2014 Kruger, a proud member of Klerksdorp Marathon Club, took it upon himself to help raise awareness for the SANBS. But he reiterates that the idea actually came from his ex-colleague and reporter at the Klerksdorp Record newspaper, Danie Jacobs. The idea came about in 2013 when Kruger drove fellow journalist,

Comrades Marathon 2018

Jacobs to a blood drive as his car was in for a service on that particular day and Jacobs needed to write an article about the day. On that day Kruger made a pact to run with the Blood Buddy on his back, if he was ever going to participate in the Comrades again. And since Kruger last competed from 2005 to 2008, it seemed that it could take a while for that to happen again. But low and behold Kruger entered the 2014 Comrades Marathon and a mere few weeks before race day, Jacobs, who is also a member of the local donor committee, reminded Kruger of their deal, and as they say the rest is history.

This all lead to Kruger running his ninth Comrades this year with his first four being completed from 2005 to 2008, and thereafter tackled another five with the SANBS Blood Buddy from 2014 to 2018. And with his club colours being mostly red, it certainly helped to convey an even more red image on race day.

He is thankful for Phephile Shongwe, SANBS Public Relations Practitioner, for her assistance as well as Comrades Race Director, Rowan James for allowing him and numerous others to run for different causes and charities. As he also thanked the ever faithful SANBS volunteers at the water point, his loving wife Emmerentia and all his family members, colleagues at Senwes who support his efforts.

He has an interesting way of looking at blood donation. Kruger says that almost anyone would want their family members

to be saved whenever they are in an accident, in theatre, or during childbirth where they might need a pint or two of blood to survive. But yet only 1% of the population donate blood on a regular basis. He believes that this discrepancy should be addressed as you cannot only be a taker, you need to be a giver as well. On top of this his advice is to take a family member, friend or colleague with you when you donate blood again. Just by doing this we could ease some of the pressure on the current blood stock levels and in future we might not even report about blood shortages. He believes in this dream and knows that although it is farfetched, setting the bar high is they only way he knows. Or why not take a leaf out of his book and run a race or two for the SANBS as well.

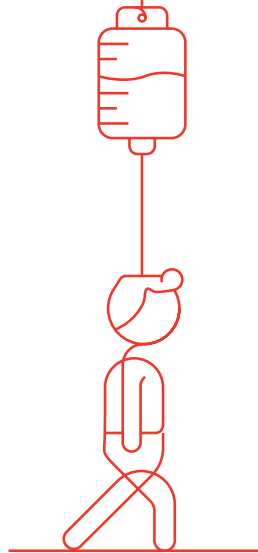
He added that in the beginning the concept of running with Blood Buddy was catching on pretty quickly and grew even more rapidly throughout the last few years with numerous photos, articles being written as well as an interview or two. This year while running with his sister-in-law, Hanlie Buys, he also came to the realisation that it is not only to bring new blood

donors to the fore, but also to keep the bond between fellow blood donors alive as many grabbed his arm during the race bragging how many units they have donated throughout their lifetime, as well as educating other runners about blood donation. What else do you talk about with other runners whilst running with this huge red figure on your back?

Kruger is planning to run his 10th Comrades in 2019 and earns his green number. 🩸



We don't take
any chances, so
that you can have
a second chance



At SANBS we pride ourselves in using the healthiest blood from the healthiest donors and every aspect of the transfusion process is meticulously monitored to ensure the absolute safety of our donors and recipients. Your blood saves lives.



SANBS
South African National Blood Service

PLATELETS – A PERSONAL PERSPECTIVE

Janet Finch's story

Although I have been donating whole blood for several years, I never knew much about the specialised donor services. It was only after meeting my current partner that I was introduced to the "other" blood donation types.

Being a plasma donor, he shared his experiences with me, and I became more and more interested in this area. I was fascinated about how precious these specific donations were and the role that they played.

What are Platelets?

I got hold of some pamphlets about this aspect of blood donation and I was shocked to read that platelets can only be stored for 5 days, hence the need and demand for regular and frequent donors.

Who needs Platelets?

As my research continued, the need for platelets was further entrenched. Discovering that patients with Leukaemia and other cancers who are undergoing chemo or radiation, as well as bone

marrow and organ transplant patients are the main recipients of platelets was an eye opener. Platelets may also be required during major surgery or trauma, as well as treating Aplastic Anaemia.

How to become a Platelet Donor?

The first criteria are the same as qualifying to donate whole blood – age and weight restrictions, medication exclusions and considering your blood safe to give to a patient.

On completing the questionnaire, blood tests are done to determine your platelet count, which must be above 180,000 per micro-litre. A few days after my blood tests, I received a call from a very excited staff member at the Specialised Donor Centre informing me that I had a brilliant platelet count and how soon could I come in for my donation.

What to Expect when Donating Platelets?

I was met with friendly, caring and informative staff who talked me through the entire process, including explaining how the machine works. There are several cycles where blood is drawn, goes through the machine which "spins" the blood separating it into different components, removing the platelets and then returns the remaining components to the body.

Although the process is longer than whole blood donations, about an hour and a half for platelets, the time goes by quite quickly. You can watch television, read a book or chill. But you can't fall asleep because you need to start pumping your fist during the draw phase. 🩸



The Platelet Donation Process



1 Before becoming a platelet donor a donor must:

- Be between 16 and 65 years old
- Weigh more than 55 kg



2 Prospective platelet donor's blood is tested to see if the blood meets all the requirements.

3 The donor can then make an appointment to donate two weeks later at any SANBS Special Donor Centre nationally.

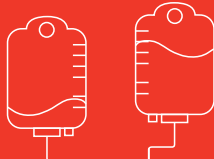


4 Before donating platelets a donor must:

- Not have taken aspirin in the seven days prior to the donation.
- Not have taken anti-inflammatory medication in the 3 days prior to the donation.
- Eat a meal within 4 hours prior to the donation but avoid fatty foods.
- Drink plenty of fluids.
- Don't drink excessive amounts of alcohol the day before donation.



5 Donor's blood is drawn into a disposable kit and processed through a blood cell separator. It is then separated into different components.



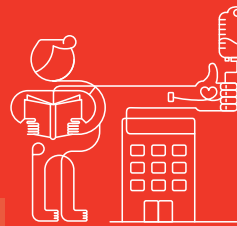
6 The platelets are removed and collected in a bag. The remaining components are returned to the donor's body.

This process is known as apheresis, from the Greek word meaning "to take away".

7 The process takes approximately 90 minutes.



8 After donating, keep the dressing on your arm for two to four hours. Don't exercise strenuously after you have donated.



9 Full testing is conducted on the blood following the donation.

10 Platelets can only be stored for 5 days after collection, therefore frequent platelet donations are in demand.

Platelet donations can be made every two weeks



11 Platelets are most commonly given to:

- Patients with leukaemia and other cancers
- Bone marrow or organ transplant patients
- Major surgery
- Major trauma
- Aplastic anaemia

FROM “I CAN’T” TO “I CAN” – HOW I FELT BEFORE AND AFTER

Submission by **Christopher Billings** – First time blood donor.

No doubt, to donate blood can be downright frightening. And the chances are you had a few of these thoughts run through your head...

(I Know I have)

My fear factor was: “Will my blood be good enough?” “Maybe I should ignore the request.” “What if I have some rare blood disease... or worse! ... a ‘not so rare one’”. It was my ignorance that fuelled my fear. Added to this were some of the myths around blood donations. It was like the blind leading the blind.

I was totally embarrassed by the fact that for most of my life I didn't bring my pint of blood to the table. It was an act of selfishness in this time-sensitive life. Since becoming a blood donor I realise that donating blood is a very noble act and it is one of the main reasons I will remain a committed donor.

You don't need a special reason to give blood. You just need your own reason. Some know that a family member or a friend might need blood one day and others do it purely for the benefit of humanity.

So reach out that Golden Arm and give a pint of blood.

This is how I feel today: The need is constant and my contribution is important for a healthy and reliable blood supply. I always feel good knowing that I might end up saving a small family a society and even a nation.

SO, LET'S WRAP IT UP!

Unto all the regular blood donors who are passionate about saving lives, I salute you. “Gazlam” keep stretching out your arms and donate those precious lifelines. 🩸



THE DISCOVERY EAST COAST RADIO BIG WALK.



The nominated charity, St Giles, is a non-profit organisation that has been helping disabled people from all communities for over 65 years. St Giles is also close to SANBS' heart, as several of its residents are employed at both the SANBS and the National Bioproducts Institute. A portion of every entry fee was allocated to the charity which resulted in a cheque of R60 000 being handed over on the day. 💧

The SANBS East Coast Region joined the East Coast Radio DJ's to welcome their runners home.

Over 30 000 people took on the 2018 Big Walk to tackle their chosen distances. KwaZulu-Natal's biggest mass participation event encourages people from all walks of life to get together and enjoy a fun-filled, healthy day together.

All the entrants started at uShaka Marine World to run or walk their respective routes in bright sunny skies, before finishing at Moses Madiba's People's Park.



You're
somebody's
type.

Donate today. Your Blood Saves Lives.



sanbs.org.za

HUMANSDORP SECONDARY SCHOOL GOES THE EXTRA MILE.



Humansdorp Senior Secondary School in the Eastern Cape is a public boarding school that is home-away-from-home to 2000 scholars from surrounding towns like Jeffrey's Bay, St Francis Bay and Kareedouw.



Mrs Roussouw and Mrs Brink are the passionate school controllers who embarked on an initiative with the school's SANBS Peer Promoters, to host successful blood drives at the school. Together they hosted cake sales in order to raise funds for lucky-draw prizes for the donors.

The school continues to push the boundaries with a target of 175 blood units. They continue to save hundreds of lives and achieved second spot in the 2017 Top 100 High School Blood Drives nationally and hope to get back to the number one spot, as they did in 2015. 📌

Brain Teasers



1. Give me fuel and I will live. Give me water and I will die. **What am I?**
2. A lift is on the ground floor. There are four people in the lift – including me. When the lift reaches the first floor, one person gets out and three people get in. The lift goes up to the second floor, two people get out and six people get in. It goes up to the third floor, no-one gets out but 12 people get in. As the lift moves up to the next floor, the cable snaps, the lift falls to the ground and everyone else in it dies. **How did I survive?**
3. When I am young, I am sweet in the sun. When I am middle aged I make you happy. When I am old, I am valued more than ever. **What am I?**
4. What are the next three letters in this sequence...
J, F, M, A, M, J, J, A, _ , _ , _ ?
5. A farmer has 17 sheep and all but 9 die. **How many are left?**
6. What is full of holes but can still hold water?
7. I do not have special powers, but I can always predict the score of any soccer game before it starts. **How can I do this?**
8. What travels faster; **Hot or Cold?**
9. What can you hold without touching or using your hands?
10. A man is looking at a photograph of a person and his friend asks who it is. The man replies; "I have no brothers or sisters, but that man's father is my father's son." **Who is in the photograph?**



Answers: 1. Fire | 2. I got out on the second floor | 3. Wine | 4. S, O, N. The sequence is the first letter of the months of the year, so September, October and November are the next in sequence | 5. Nine | 6. A sponge | 7. The score before any soccer game is nil, nil | 8. Hot is faster because you can catch a cold! | 9. Your breath | 10. His son

Journey of blood



A unit of blood is drawn from a volunteer donor.



Blood is transfused to patients in need. Just one blood donation has the potential to save three lives!



Blood is collected into a sterile bag and labelled.



Local hospitals place orders with SANBS for blood products based on their needs.



Units are transported to the nearest SANBS testing and processing lab.



SANBS

South African National Blood Service

Blood products are stored prior to transfusion. The shelf life of blood is limited.



Platelets expire in 5 days. Red blood cells expire in 42 days. Plasma has a 1 year shelf life from the day of collection.



In the processing laboratory, blood is spun down in a centrifuge and then separated into its different components.

Your blood saves lives.

Blood is tested to ensure that it is safe for transfusion.



Plasma
Contains proteins and clotting factors used to treat patients with massive bleeding or clotting factor deficiencies.



Red Blood Cells
Contain haemoglobin, a protein that carries oxygen throughout the body. Used to treat patients with anaemia or blood loss due to trauma or surgery.



Platelets
Crucial in helping blood to clot. Patients with low platelet levels often suffer from bruising and bleeding.



Mohamed

Khensani

Jordan

Sisanda

Johan

Mbali

Lerato

**AS ONE OF OUR 500 000 DONORS A YEAR,
EVERY DROP YOU DONATE SAVES LIVES. SO THANK YOU.**

YOU ARE A TRUE HERO.

   [sanbs.org.za](https://www.sanbs.org.za)

**Donate today.
Your blood saves lives.**

