



WORLD BLOOD DONOR DAY
14 JUNE 2024



Share life, give blood

We are the *pulse*

#Donate blood. Save lives

Celebrating a Lifetime of Giving. Thank You, Blood Donors.

TELL US YOUR STORY

gratitude

PUBLIC RECIPIENTS



I want to share the story of my 12-year-old son, Noah. In August 2023, he was diagnosed with severe Aplastic Anemia. After a month of hospitalisation and numerous tests, we were discharged without any answers. In September, we visited specialists in Gauteng and spent ten days at Unifitas Hospital in Centurion, where Noah underwent ATG treatment, a form of chemotherapy. Since returning home in October, Noah has been dependent on weekly blood and platelet transfusions, leading to frequent hospital visits. Unfortunately, the ATG treatment has not been successful, and we are now preparing for a stem cell/bone marrow transplant. The doctors believe this is the cure Noah needs, as children with this condition typically do not survive beyond a year from diagnosis.

Throughout this challenging journey, I have become a blood donor, moved by the generosity and compassion of those who donate. I never realised the importance of donating blood until my family needed it. Your donations mean the world to us. They give us hope and the strength to keep fighting. From the depths of my heart, thank you to every single person who donates blood. I am so grateful for every single person who donates blood because it could be YOUR blood that is keeping MY son alive.

With heartfelt gratitude.
- **Luwada Isaacs**



As a young girl, I fondly remember accompanying my parents to donate blood. My late dad, Mr Randheer Singh, would give me biscuits and juice while he made his donation. Those visits left a lasting impression on me. Tragically, my dad passed away in a terrible accident in May 2017. In September 2021, my mother, Sushilla Singh, was diagnosed with cancer.

Her diagnosis required emergency surgery and chemotherapy, a period that was incredibly stressful for both of us, especially since I was living in Gauteng and she was in KZN. Her blood count was often low, necessitating multiple blood transfusions. Despite these challenges, my mother is now in remission and doing well. She has shown incredible strength and resilience, overcoming not just her own cancer but also supporting me through my grandmother's illness.

Inspired by her courage and determination, I started donating blood in honour of my mother and registered with DKMS to be a potential blood stem cell donor. Now, when I go to donate blood, my 11-year-old son Saihaan accompanies me. He enjoys the biscuits and juice like I did with my dad. Maybe one day, he will save lives like his mum, continuing the legacy that started with my father.

My heart goes out to everyone diagnosed with cancer, and I encourage you never to give up. Be proud of your progress, no matter how small it may seem. Remember, cancer can be defeated.

To all the generous blood donors, thank you. Your selfless acts of kindness save lives every day.
With love and gratitude.
- **Arusha Singh**



I want to share my journey with Myelodysplastic Syndrome (MDS), a diagnosis that has profoundly impacted my life. MDS is not just a medical term; it's a battle that unfolds within me, forcing me to confront questions about life's purpose, legacy, and the resilience of the human spirit. My life has become an arduous journey, punctuated by chemotherapy sessions, pain, and the need for life-sustaining blood transfusions.

One of the most complex parts of this journey has been the constant need for blood transfusions, which often left me with dangerously low levels of haemoglobin. I relied on the kindness of strangers who donated blood, providing me with the energy and hope I desperately needed. As my condition improves and the need for transfusions decreases, I feel a profound connection to the donors who gave me the gift of life.

My experience with MDS has taught me the importance of community and the incredible impact each individual can make. The selfless act of donating blood symbolises hope, resilience, and shared humanity. It reminds me that in the face of adversity, the kindness of strangers can light the darkest paths and give hope and life where it is needed most.

I extend my deepest gratitude to every blood donor who has contributed to my recovery. Your generosity has not only sustained me but also uplifted my spirit. Your contributions are a testament to the power of community and compassion. Thank you for making a life-saving difference.

With heartfelt appreciation.
- **Kabelo Modikoane**

There are times when my haemoglobin levels are too low for me to donate blood myself. After experiencing blood loss during childbirth and a miscarriage, I realised how crucial blood transfusions can be. They saved my life, especially after giving birth to my son when I lost a significant amount of blood. I am eternally grateful to every donor who gave me a chance to raise my child. Despite misconceptions, blood donations genuinely make a difference. Thanks to these donations, many of us survive postpartum haemorrhage and get to go home with our babies. To every donor out there, you are our heroes. Thank you from the bottom of my heart.
- **Prudence Moropane**

STAFF RECIPIENTS

I am deeply grateful to have been a blood donor for SANBS before my pregnancy. After experiencing a C-section and losing blood, I was profoundly motivated to continue donating. Receiving three units of blood during a haemorrhage after my first child's birth allowed me to recover and continue my life. With my second child turning two this year, I feel incredibly blessed to be their mom still. I realise how fortunate I am and am thankful for the life-saving blood transfusions that made this possible. Thank you to all blood donors—you are lifesavers.
- **Sunita Hariram**

In 2020, I was diagnosed with thyroid cancer, and my haemoglobin level dropped to 6.5. I felt dizzy, weak, and had blurred vision. After receiving two units of RBC, my vision cleared, and my haemoglobin increased to 8.5. With treatment, my skin colour returned to normal, and I no longer felt tired or lethargic. After six months off, I returned to work at SANBS, where I have proudly been an employee for 30 years, dedicating myself to saving lives. I never imagined I would need blood myself, and this experience made me even prouder to work for SANBS. I am deeply grateful to the dedicated staff at SANBS for providing excellent service and life-saving products, allowing me to be in remission and no longer anaemic. Thank you to everyone at SANBS for your incredible support and dedication.
- **Deleste Pearl Chetty**

In 2010, I received the gift of life from selfless donors. That blood donation allowed me to continue my story as a mother, daughter, sister and wife. I received blood again in 2023 after a spine fusion, and I will forever be grateful for the opportunity you gave me to continue The Story of My Life. Thank you for giving South Africa hope through your selfless act of giving.
- **Nozimbi Maseko**

I am forever grateful for the life-saving blood transfusion my son received after his second surgery in two days. At just five months old, the transfusion gave him another chance at life. This year, he will be turning 10. Thank you for this incredible gift. We are truly thankful for the second chance the blood donation provided in life.
- **Prudence Kekae**

On 13 December 2013, I was in a car accident that resulted in a broken right femur and significant blood loss. I needed a blood transfusion to survive. After receiving the donated blood, I began to recover and get better. This experience made me realise the importance of blood donation and the selfless volunteers who save lives. Everyone must familiarise themselves with the blood donation process, as 1 in 10 people will need a blood transfusion at some point. Thank you to all blood donors for your life-saving contributions.
- **Shima Maake**

It's safe, and it has saved my life. No harm in blood transfusion. Thank You, Blood Donors.
- **Nokuthula Hlatshwayo**

After giving birth, my haemoglobin levels were dangerously low. Twice, I was given a second chance at life through blood transfusions. I can't fathom what would have happened if I hadn't received them. When I look at my boys, I see precious gifts, and I am forever grateful for the units of blood that saved me, thanks to the selfless donors. They gave me life. Initially scared and uncertain, everything went smoothly; my HERO's blood blended well with mine.
- **Analufuno Mulaudzi**

I lost a significant amount of blood during childbirth, and my life was hanging by a thread. If not for SANBS and the selfless generosity of their donors, my son wouldn't know me today. The blood they provided saved my life, and I lost count of how many bags were needed to keep me going. I never hesitate to share my story, emphasising the lifesaving impact of blood donation. Thank you, blood donors.
- **Zamokuhle Dlamini**

As a university student, I struggled with 3rd-degree menorrhagia, which left me drained and collapsing in a shopping complex parking lot. The blood I received during that difficult time revitalised me, making me feel alive and energised. Since then, my skin has always had a radiant glow. This experience changed my lifestyle and inspired my now-husband to become a blood donor. I am deeply humbled and honoured by the selfless act of the donor who voluntarily saved my life.
- **Takalani Mudau**

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