

## DONATE BLOOD, SAVE A LIFE

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### **Abstract**

This article highlights the critical importance of voluntary blood donation in modern medicine. Blood loss resulting from severe accidents or major surgeries can cause systemic oxygen starvation, leading to organ failure and fatal outcomes. While blood transfusions are vital for patient survival, contemporary medical practices frequently utilize specific components—such as plasma, platelets, or red blood cells—rather than whole blood. The paper outlines the essential eligibility criteria for donors, including age, weight, and health status, alongside standard donation procedures. Furthermore, it underscores the global impact of blood donation through the extraordinary case of James Harrison, the "Man with the Golden Arm," whose rare antibodies saved millions of infants, exemplifying how altruistic acts profoundly preserve human life.

**Keywords:** Blood donation, blood transfusion, blood components, voluntary donors, oxygen starvation, James Harrison, public health.

Blood loss often occurs after a serious accident or during major surgery. This can lead to oxygen starvation because there is not enough blood to carry oxygen from the lungs to the tissues. As a result, it may cause organ failure and even death.

Patients who need blood depend on people who donate it voluntarily. These people are called donors. When blood is given to a patient, it is called a blood transfusion. In modern medicine, patients do not always need whole blood. Instead, doctors often use specific blood components such as plasma, platelets, or red blood cells (RBCs).

### **Who can Donate Blood?**

To donate blood, a person must be healthy and between 18 and 60 years old. The donor must weigh at least 45 kilograms (99 pounds). People who are anemic, have infectious diseases, or had hepatitis within the past year are not allowed to donate blood.

### **How to Donate Blood?**

An adult can donate up to 350 milliliters of blood at a time, once every three months. During the donation, a doctor places a needle into a vein in the arm and collects blood into a special bag that prevents clotting and infection. Some of the blood is tested, and the rest is stored until it is needed.



### **In Real Life**

World Blood Donor Day is celebrated on 14 June every year around the world. You can celebrate it by donating blood at your nearest hospital.

### **Incredible Individuals**

Have you heard about the **Man with the Golden Arm?** His name is **James Harrison**



### **Australian who donated blood for 60 years!**

Have you heard of the “Man with the Golden Arm”? His name was James Harrison, an Australian man who donated blood for 60 years. Thanks to his donations, 2.4 million babies suffering from Rhesus disease were saved. This was possible because his blood contained rare antibodies that could fight the disease.

**>>James Harrison made his last donation in May 2018 because blood donation is not allowed for people over the age of 81 in Australia.**

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