

# SAVING LIVES ONE DONATION AT A TIME



Juan du Toit is a plasma and blood donor. He has donated 70 times already.

**Rustenburg** – By donating blood you are giving someone a very precious gift – the gift of life. Every unit of blood can save a minimum of three lives as blood is separated into red blood cells, plasma and platelets.

The South African National Blood Service (SANBS) provides an essential service within South Africa by collecting and distributing blood to those in need. The recipients of the blood include:

- Women with complications in pregnancy, such as ectopic pregnancies and haemorrhage before, during or after childbirth;
- Children with severe anaemia - often as a result of malaria or malnutrition;
- People with severe trauma following man-made and natural disasters;
- Patients that undergo complex medical and surgical procedures and

- Cancer patients.

There is a constant need for regular blood supply because blood can be stored for only a limited time before it is used.

They must receive regular blood donations by healthy people to ensure that safe blood will be available whenever and wherever it is needed.

How does it work?

If you meet the requirements of being a blood donor you would be required to fill in a questionnaire regarding your health, sexual health and demographics. You then go for an interview with a staff member who will verify your answers, check your vitals and check your iron content.

When all of that checks out, you will then proceed to the



Plasma donor Quinton Duvenhage and South African National Blood Service registered nurse Mpho Sekate.

cosy donor chair to donate blood, sometimes there are even cookies and fruit juice. For the committed donor, there is a little something extra.

Firstly, three samples of your blood will be taken and sent to the labs to test for; blood group, hepatitis and HIV. This is done with every single donation to ensure blood safety.

After having successfully donated your 450ml of blood, the blood is then transported to the laboratories where it will be spun down in a centrifuge to separate it into three blood products, namely; red blood cells, plasma and platelets. All these blood products are issued to patients based on their needs.

In an interview with *Platinum Weekly*, SANBS donor relations practitioner Phetolo Marule said: "In essence, SANBS is trusted to ensure that there is sufficient blood supply to save the lives of South Africans. To achieve this, we need people to donate."

SANBS also needs plasma donors. Plasma is the liquid component that makes up about half of the blood content. Plasma contains proteins that helps the blood to clot, transport substances through the blood and contains the antibodies that fight infection.

Plasma donation is a similar process to blood donation, but it takes about 90 minutes as the blood is processed through a cell separating machine that filters out the plasma and returns the red cells and other cellular components to the donor's system. Plasma can be donated every two weeks where possible.

Visit the Rustenburg SANBS today and save someone's life.

**For more information about donating blood or establishing a blood drive call 012 391 2571.**

## WHAT ARE THE CRITERIA TO BE A DONOR?

- You must be aged 16 to 75.
- Weigh a minimum of 50 kg.
- You must have eaten something within four hours before donation.
- You must be feeling well on the day of the donation.
- You must lead a sexually safe lifestyle
- You must consider your blood as safe for transfusion.

## WHERE CAN I DONATE?

You can donate blood at the Rustenburg SANBS donor centre at Lifestyle Square or at any of the blood drives.

# VLU KASHANÉ AAND-TAK SKOP DIE JAAR AF

**Rustenburg** - Die Vroue Landbou Unie (VLU) Kashané aand-tak het op Dinsdag 14 Januarie die jaar op 'n baie positiewe noot afgeskop.

Tydens die vergadering het die talentvolle sanger Jolandie Strydom lede vermaak met sang en Jeanette Audie, wat die spreker was vir die aand, het dames met 'n motiverende praatjie aangemoedig om te blom waar

hul geplant is.

Die vrouens is baie opgewonde oor die jaar wat voorlê en elkeen is terug verwelkom met 'n klein spekkeboompie. Hulle nooi almal hartlik uit om aan te sluit by die dinamiese groep dames. Kontak die voorsitter van die Kashané VLU aand-tak Charmain Olivier op 083 469 5505.



Van links: Anne Heyneke, Daleen Roos, Ansie Baxter, Theresa Graham, Marie Williams en Joan Zulawick.

# ABUSED PUPPY SAVED BY SAPS.

**Boitekong/Rustenburg** – A pitbull pup, whose ears had been clipped, was found chained to a washing line by South African Police Service (SAPS) on Friday 17 January.

The owner of the dog was not present at his home in Boitekong when the police located the abused animal while in the middle of carrying out a crime-fighting initiative.

In an interview with *Platinum Weekly*, police spokesperson captain Elsabé Augoustides said the pitbull was taken to the Society for the Prevention of Cruelty to Animals (SPCA) and a case of animal cruelty is being investigated.

"The dog was taken there for safety purposes and further investigations to locate the owner and get more details about this case is underway," Augoustides said.

"People involved in dogfighting activities usually cut off an animal's ears during the grooming process. However, we cannot assume that this is the case and will have to wait for the investigations to be completed," she added.

Even after the cruelty he endured, the pup was still full of life and love.

Things are looking up for the rescued pup as he was lucky enough to be adopted by a fellow police officer. Pablo, as his new family named him, will start his new life with a loving family.



Captain Elsabé Augoustides from SAPS Rustenburg and Pablo the rescued puppy.



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