

Gaz'lam

The blood that binds us together



Dr *Sandile* Kubheka

voted 4th most influential South African
as published by Avance Media plus
he is a proud Blood Donor



SANBS
South African National Blood Service

Content



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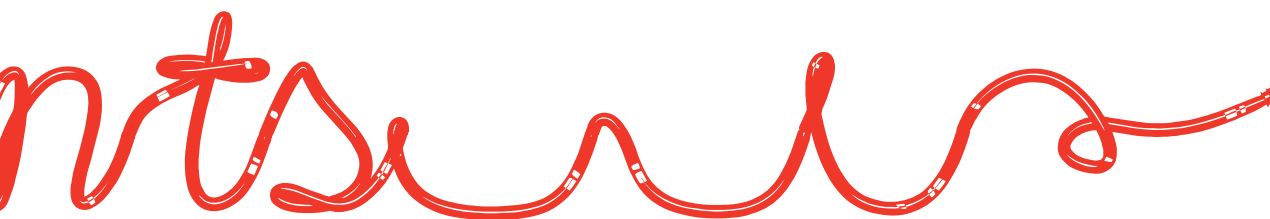
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A MESSAGE from our CEO



New is the name of the game at the moment. As your new CEO, I feel up-lifted by the positive sentiment prevalent in South Africa at the moment – a reinvention that is good for the South African National Blood Service and the people it serves. I am sure, we will be able to leverage this positive sentiment within the organisation this year.

We are hopefully entering a new era of stability in South Africa and in the SANBS, which will help us achieve our goals and put delivery at the forefront of our agenda.

Our vision is: “to be the cornerstone of healthcare services in South Africa, through providing the gift of life.”

In line with this prevailing spirit of reinvention and aligned to our strategic objectives, management will focus a lot

on our internal culture this year.

With a full executive team in place, we will strive to instil and reignite a sense of passion and purpose in and among our employees. We want to work with the whole team to create a lean organisation that is completely driven by a strong service ethic.

Externally, we are facing significant challenges.

The debtors issue is a growing concern for the SANBS, with the organisation owed R1.2- billion by both the public and private sectors. Unpaid debt is, quite literally, crippling us.

In order to maintain our quality standards, to keep our people on board and to keep the organisation solvent, we need to be paid. This is why we are engaging widely to resolve this matter.

Another issue we are facing is that we need to increase our collection of blood by 10% in the new financial year in order to meet the growing demands of our country. The #NewBlood initiative we launched on the 21st March is a key platform that will give us the impetus we need to ensure that we maintain a four-day group O stock, and constantly recruit new blood donors.

Our three-year partnership with Varsity Cup, too, is intended to have long-term benefits and inculcate a culture of blood donation in young people. It has already reaped benefits in this, the inaugural year.

What is also great is that the biggest increase was seen in donors between the ages of 20 and 30.

We have recently constituted a Millennial Board, made up of young and dynamic individuals who will influence our decisions and help us engage better with our relevant stakeholders and audiences, both internally and externally.

We are confident that all these initiatives will help us capitalise on the air of optimism prevailing in South Africa, and ask that you join us in helping the SANBS reach new heights. 💧

Dr Jonathan Louw



New SANBS CEO

– Dr. Jonathan Louw

The Chairperson of the Board Ms. Getty Simelane announced the appointment of the new SANBS CEO, Dr. Jonathan Louw, effective 15 January. Dr Louw has an MB.ChB and an MBA and brings with him a wealth of healthcare and business knowledge. He was at JSE-Listed Adcock Ingram and Tiger Brands from 2001 to 2014 in a variety of capacities. He then became MD at the Dubai-based private equity investment company, the Abraaj Group, before founding Healthwyse Consulting in 2017. The Board of SANBS congratulates Dr Louw on his appointment, and looks forward to supporting him in leading the organisation. 💧



The SANBS board of directors welcomes a new member to the team.

Ms Morongwe Malebye was recently appointed to the SANBS board as a non-executive board member. She brings with her a wealth of knowledge, experience and expertise including a Master's degree in Business Administration, an MSc from Witwatersrand University and a Project Management Diploma. She is a graduate of Mechanical Engineering from the University of Cape Town. SANBS is excited to welcome Ms Morongwe to the SANBS family. 💧

There are several misconceptions and myths about Malaria which deserve your attention...

MALARIA

“ Mosquitos only bite at night ”

This is not accurate, because there are certainly two types of mosquito that bite mostly at night; the Anopheles mosquito that transmits malaria, and the noisier Culex Mosquito that carries Lymphatic Filariasis – or Elephantiasis, which causes severe swelling of the arms, legs and genitals.

Other mosquitoes are active mostly during the day and include the Aedes Mosquito, which is identified by its striped legs that spreads the viruses that cause Dengue, Zika, Chikungunya and Rift Valley Fever..



“ Eating garlic before I sleep will repel mosquitoes ”

There is no scientific evidence to support this, although garlic produces a sulphur compound, allicin, which has anti-bacterial, anti-fungal and anti-parasitic properties. Studies on mice infected with malaria show that allicin reduces the number of malaria parasitic protozoans in the blood, but no research has been done on the effect of allicin on people with malaria.

“ Mosquitoes only like human blood ”

While this may be true for some types of mosquito, female mosquitoes need a blood meal and will take it wherever they can find it. Livestock attract mosquitoes and it has even been suggested that cattle should be treated with an insecticide to control malaria.

You may not be allowed to donate blood if you have recently visited a malaria area, because malaria can be transmitted to patients through blood transfusions. That's why we ask donors to wait at least four weeks following a visit to a malaria area before they give blood again.

In other cases, willing donors who regularly visit malaria areas are also prevented from donating blood as they may have built up a tolerance to the disease and could unwittingly pass it on to a patient.

Some blood bags are marked with a green or

blue label to notify doctors that the blood has come from a donor who lives in, is a regular visitor to, or has recently returned from a malaria area.

This doesn't mean that people who regularly visit malaria areas, outside of South Africa can't donate blood. They could

MYTH-BUSTING

“ Mosquitoes die after feeding ”

Another myth. In fact, females need blood to develop their eggs. After feeding on blood, she will rest to digest the blood for two or three days before laying 50 to 200 eggs in water, after which she needs another blood meal to develop the next batch of eggs.

During her lifetime of one to two weeks, a female mosquito will need several blood meals and lay several batches of eggs. Male mosquitoes only feed on sweet things.

“ Mosquitoes prefer biting women and children to men ”

This is not true, but a rudimentary study in the Gambia showed that they are more attracted to pregnant women. The study involved 36 pregnant women and 36 women who weren't pregnant, who each slept in separate huts under bed nets. Researchers collected and counted mosquitos found in the huts

“ Once you get malaria, you will never get it again ”

Not so, but people living in malaria endemic areas tend to develop immunity to malaria. Research shows that children under five years have an average of one clinical attack of malaria a year, after which malaria cases decline steeply and it is rare for adults in to have clinical attacks. The research also found that highly immune adults who spent long periods of time without being bitten by infected mosquitoes could lose some of the immunity.

and noted that twice as many mosquitoes were in the pregnant women's huts.

Two possible reasons for this are that pregnant women produce 21% more carbon dioxide and their tummies are 0.7% warmer, both of which might have attracted the extra mosquitoes.

In addition, pregnant women had to leave their huts more often at night because they need to urinate more frequently. 💧

become hyperimmune plasma donors. Plasma can be used to create life-saving blood products for the prevention or treatment of diseases such as Rabies, Hepatitis B, Haemolytic disease in new-born babies. 💧

Blood
donation &
Malaria.



Reference: <http://theconversation.com/debunking-myths-about-malaria-and-its-vector-the-mosquito-75715>



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CARING CORPORATES


AFRICAN BANK DELIVERS!

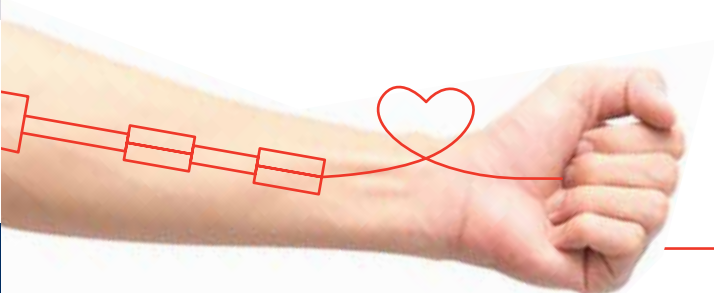
Blood drives at schools, shopping centres, churches and corporates account for about 60% of the national blood supply. These blood drives mean that a new mother can hold her baby, an accident victim will recover and a person with cancer has another shot at life.

We know that sometimes you're simply too busy to go to a blood donor centre or that there might not be one nearby. That's why SANBS tries to make it easier for blood donors through arranging blood drives – like the one we host at African Bank in Sandton.

Since 2009, this blood drive has alone saved as many as 7500 lives and while it is not our biggest blood drive, it is always a success because of the commitment of everyone involved.

We at SANBS will continue our excellent relationship with African Bank and the many other drives like it to make it easier for donors to give back to society - where they work.


Should you wish to arrange a blood drive at your business, organisation, church, school or community centre, don't hesitate to call the SANBS call centre on **0800 11 90 31**. 



Hepatitis B

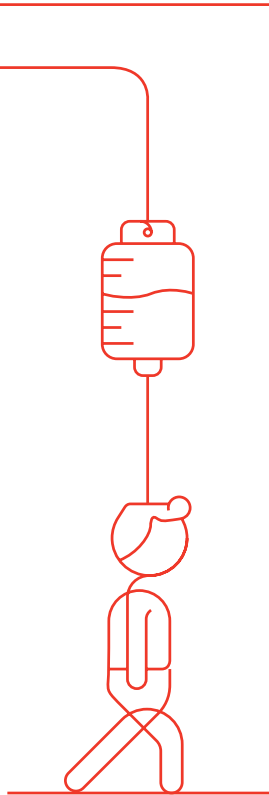
The Hepatitis B Virus (HBV) is a major global health problem and is caused by the Hepatitis B Virus. It can cause a potentially life-threatening infection of the liver which can result in cirrhosis and even liver cancer. A vaccine has been available since 1982 which is 95% effective in preventing infection.

Hepatitis B is most commonly spread from mother to child at birth, exposure to infected blood, sexual transmission and the use of infected needles and syringes.

HBV is one of a number of diseases that the SANBS tests for in our laboratories. Every single unit of donated blood undergoes an anti-body test and an Individual Nucleic Acid Amplification Test, or ID-NAT, for Hepatitis B, Hepatitis C, HIV and Syphilis. 

To learn more about Hepatitis B, visit the World Health Organisation's website at www.who.int.

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 – FIRST IN SOUTH AFRICA AGAIN.

SANBS is the leading blood transfusion service in South Africa while our Specialised Services Division, amongst other things, ensures that the correct procedures are followed in stem cell collection and processing.

These procedures need formalising, so the SANBS and the majority of medical facilities involved in stem cell collection, processing and transplantation in South Africa are encouraged to be accredited.

In 1998, the European Society for Blood and Marrow Transplantation, EBMT and the International Society for Cellular Therapy, ISCT, established the Joint Accreditation Committee, JACIE. Based on an existing programme in the USA, the objective was to offer an inspection-based accreditation process in Haematopoietic stem cell transplantation on established international standards.

When a centre is accredited, it can certify that it operates an effective quality management system which is a mechanism to ensure that procedures are carried out to agreed standards by all employees who work together



Laurel Anderson

to achieve effective communication, common work practices with increased guarantees for patients. It assists in training and clearly identifies the roles and responsibilities of all concerned.

In December 2017, **Laurel Anderson**, the SHEQ Internal Audit Manager at SANBS, became the very first JACIE inspector in South Africa, adding another feather in the cap of world-class expertise at SANBS. Laurel achieved this after rigorous training in Barcelona and completing theory and practical exams, paving the way for other South Africans to become JACIE inspectors.

Laurel says; "When I achieved my JACIE qualification, it reminded me of a quote of Mother Theresa's... 'I alone cannot change the world, but I can cast a stone across the waters to create many ripples'. I regard my achievement as being that stone being cast across the South African stem cell transplantation community and creating the ripple to encourage others to do the same."

SANBS salutes Laurel on her outstanding achievement! 💧

SANBS OUTDOOR CAMPAIGN DOMINATES JOBURG SKYLINE



Blood donations save lives – for trauma victims, during childbirth, in organ transplants, surgical procedures and more.

And much like the severe shortage of water in the Western Cape, blood stocks in South Africa are always under pressure, especially over the end of year holiday season.

The South African Blood Service needed to extend its reach and visibility and needed a site that would dominate in an already cluttered marketing environment.

The answer was a truly iconic site for our campaign in the form of the Tower alongside the FNB Stadium. Our 'Your blood saves lives. Donate blood today' call to action stands loud and proud on a 36m by 68m billboard – providing high impact and visibility.

Under 1% of South Africans donate Blood, and the SANBS stock levels fluctuate, while we must keep stock levels at five days to meet the demand in the country. In choosing this site, we can target many healthy young donors who would be attending soccer matches and music events in the area. We selected outdoor advertising as it reaches regular and potential donors who often forget about blood donation and this campaign helps to remind them.

The FNB Stadium Tower provides a big, bold and powerful message for the SANBS campaign and has got to be one of the most visible and impactful campaigns seen in Johannesburg in recent times. 📍





MILLENNIALS ON BOARD

A study by Deloitte states; "Millennials bring with them a new vision of the workplace, and in many instances, an updated view on workforce expectations. Having Millennial representation on boards can give businesses a better understanding of what motivates younger employees, within the context of an organization's own succession practices, allowing them to help strengthen the pipeline of

high-performing, up-and-coming employees, and executives.

It is clear that boards should consider reaching this younger generation of talent, and understand what motivates them. Much can be gained for organizations that seek more diverse views and experiences, especially those of Millennials."

The SANBS takes findings like these seriously and has accordingly created

a Millennial Board, or "Mill Board", for SANBS employees. This strategic initiative enables SANBS Millennials to talk to leadership, give ideas and offer new insights and solutions to complex problems facing the organisation.

It is an opportunity for our younger employees to be part of planning our future with fresh insights to achieve our on-going quest for excellence. 💧

WE NEED NEW BLOOD

Become the agent of change that President Cyril Ramaphosa has urged South Africans to be and become a blood donor.

If you've never donated blood before, or it's been a while since your last donation visit your nearest donor centre and bring a friend. We need to reach a target of 4 500 units daily, especially of type O blood. Give someone a future they may never have.

Become a blood donor today.

Your blood saves lives.

sanbs.org.za



DR SANDILE KUBHEKA

VOTED 4TH MOST
INFLUENTIAL
SOUTH AFRICAN
BY AVANCE MEDIA
PLUS HE IS A PROUD
BLOOD DONOR

Dr Sandile Kubheka is definitely what one might call an early bloomer, having made South African history by qualifying as the youngest doctor ever at the age of 20.

Kubheka graduated with a Bachelor of Medicine and Bachelor of Surgery degrees (MBChB) from the University of KwaZulu-Natal (UKZN)'s Nelson R Mandela School of Medicine with distinctions in obstetrics and gynaecology.

Raised by a single mother, he started primary school at the age of 5 and amazingly completed grades 6 and 7 concurrently, matriculating from Siyamukhela High School at the age of 15.

"I am fulfilling my purpose. God planned my life so that I was able to get to work at such a young age." Dr Sandile Kubheka said.

He was voted by his colleagues as the most likely medical student in the class of 2013 to become the Minister of Health and also received the Yashiv Sham Bursary and Enid Gordon Jacob Good Fellowship prizes for being the most caring and compassionate in the class and demonstrating leadership qualities.

Dr Sandile Kubheka also scooped the



Dr Sandile Kubheka

prize for 'Best in Health' at the Future Leaders Youth Awards in 2014. Kubheka, on hearing the announcement, tweeted: 'I just won. Feeling humble and blessed'.

He has also recently been voted into fourth spot in a poll of the most influential South Africans. Sandile, who works in the ICU unit at Grey's Hospital, was also voted first in the Science and Technology category.

The poll, hosted by marketing and PR giant, Avance Media, accepted votes from more than 90 countries across Africa.

EFF national spokesperson, Dr Mbuyiseni Ndlozi was placed first, followed by soccer star, Percy Tau and model Nomzamo Mbatha.

Kubheka, told the Pietermaritzburg based newspaper, The Witness, that he had no idea that he had even been nominated.

"I only found out when I got tagged [on social media] in a post that had the list on it. It's such an exciting and humbling experience," he said.

"It goes to show that you don't have to be a big public figure like an actress or an entertainer to have an impact on people's lives. You can come from any background and make a difference and inspire others and live your dream." Kubheka said.

Kubheka said he would like to use his influence to inspire the younger generations.

'I especially love working with rural communities which often don't have easy access to medical treatment. For this reason, I assisted in registering the Happy Valley Clinic as a Non-Profit Organisation during my student years and will continue to work with disadvantaged communities in the future.

Seeing first-hand the live-saving gift of blood has led Dr Sandile Kubheka to championing the work of the South African National Blood Service and become an Ambassador for the organisation.

You have made many headlines over the past years. Which achievements are you most proud of?

"Being the first in my family to graduate with a medical degree, is obviously one of them."

"I am also proud to carry a beacon of hope for my generation. In me, they see that ours is not a lost generation. This goes beyond my own achievements. It is humbling to know that people are motivated by my story."

"Also, not my achievement, but my Mom's. That is why I wished her a 'happy Father's Day' because without her willing sacrifice, I would not have achieved my life-long dream."

You chose to do your compulsory community service in Newcastle. What is the significance of this decision?

"I completed my 2-year internship at Grey's hospital in 2014/15 under supervision. Newcastle is my hometown and I wanted to give back, especially to the community of Madadeni. After completing my compulsory 12 months community service, I stayed on a further 9 months as a medical officer."

Kubheka enjoys his work with rural communities that often don't have access to medical treatment. His passion for

assisting the disadvantaged granted him the motivation to help register the Happy Valley Clinic as a non-profit organisation during his years as a student.

You are now working at Grey's Hospital in the ICU as an Independent Medical Officer. What are your aspirations going forward?

"I have a special interest in critical care and have learned a lot working with specialists in the ICU. I am in the process of registering for the Registrar Programme to become a Physician and ultimately an Intensivist."

What is the main motivating factor for being a SANBS ambassador?

"Being able to encourage and champion blood donations, inspires me every day."

"Working first-hand with the people who need blood the most is a major factor."

"In addition, the insights I have gained from the SANBS and seeing the impact on patients and families lives."

What is your message to both existing and future blood donors?

Every donor is a hero – to the Medical Profession, the SANBS and, most importantly, to the recipient of their blood. 🩸



THE COMRADES MARATHON

is an event where SANBS positions itself as a lifestyle brand to the throngs of athletes and spectators with our iconic water table every year. If you are participating in this year's event, here are some top tips for running South Africa's premier ultra marathon:

Train, Train, Train.

Put in between five and six 3-4 hour runs on every other weekend for the last three to four months before the race, with the last long run being at least two weeks before the Comrades.

Do your course work.

Knowing the course and what to expect is hugely important. Try and get a video tape of the race, talk to people who have run the race and get your hands on a profile of the route so you know what to expect. When you're in Durban, drive the whole course from

start to finish at least once, taking note of landmarks and tough sections so that you can visualise the race beforehand.

Balance your fluid intake.

The experts recommend drinking lots of fluid before and throughout the race – but let your thirst be the dictator. You should however be taking in between 400 and 800ml per hour – depending on the temperature and pace you are running. Do note that drinking excessively doesn't translate into improved performance.

Taper off in the last week.

You'll be training less the week before the race but don't take on other activities – just take it easy to maximise your endurance for the big day.



Pre-hydrate.

Drink 450ml of water or sports drink two hours before your start time – this will allow the liquid to circulate through your body and enable it to take on any other fluids you drink during the race.

Eat before the race.

Make sure that you eat at least 300 calories worth of breakfast an hour before the start. This can be yoghurt, energy bars, eggs or anything that you've eaten before your long training runs that you know your stomach can handle. This first meal will help your blood sugar levels from dipping and prevent starvation during the run.

Warm up without wearing yourself out.

Do a gentle warm up with a light, 15-minute jog followed by stretching your hamstrings, quadriceps, calves and lower back for about another 15 minutes. About 15 minutes before your start you can do some striding but go easy – there'll be plenty of time to warm up in the early stages of the race.

Race in your training shoes.

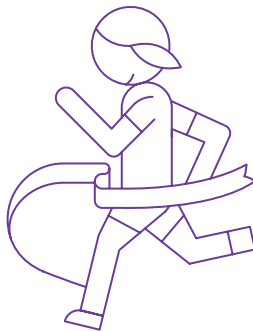
Your feet are accustomed to the shoes you have been training in after the hours and hours of training you've done in them. Running in new shoes that your feet aren't used to is asking for trouble.

Avoid the shock of the new.

In addition to your running shoes, avoid running in anything you haven't trained in before – that means your socks, running top and shorts. Also avoid changing intake routine – use the same foods, gels, energy bars and liquids that you are used to. Follow what you have before on your long training runs.

Find your pace then pull back a bit.

You know what it feels like to run 8.30's in training but it is quite different when your heart is pounding from excitement and the roadside crowd is urging you on. Because of the adrenaline rush your pace might feel easier but there is a risk you'll start out too fast. Make an effort to back off until you hit the 10km mark – any seconds lost early on can save you minutes later in the race. 📌



Source; <https://www.health24.com/Fitness/Sport/Running/Top-10-tips-for-the-Comrades>



PARK STATION



KEEPS SAVING LIVES ON TRACK

As everyone took a well-deserved break in December, travelers made their way to their holiday destinations and others made their way home to visit loved ones.

Through a great partnership with PRASA (Passenger Rail Agency of South Africa) SANBS arranged to set up a blood drive at Park Station in the beating heart of Johannesburg. Commuters were encouraged to donate blood while waiting for the departure of their trains.

It wasn't just a blood-drive, the public was also educated on the different uses of blood and just how much their contribution means to

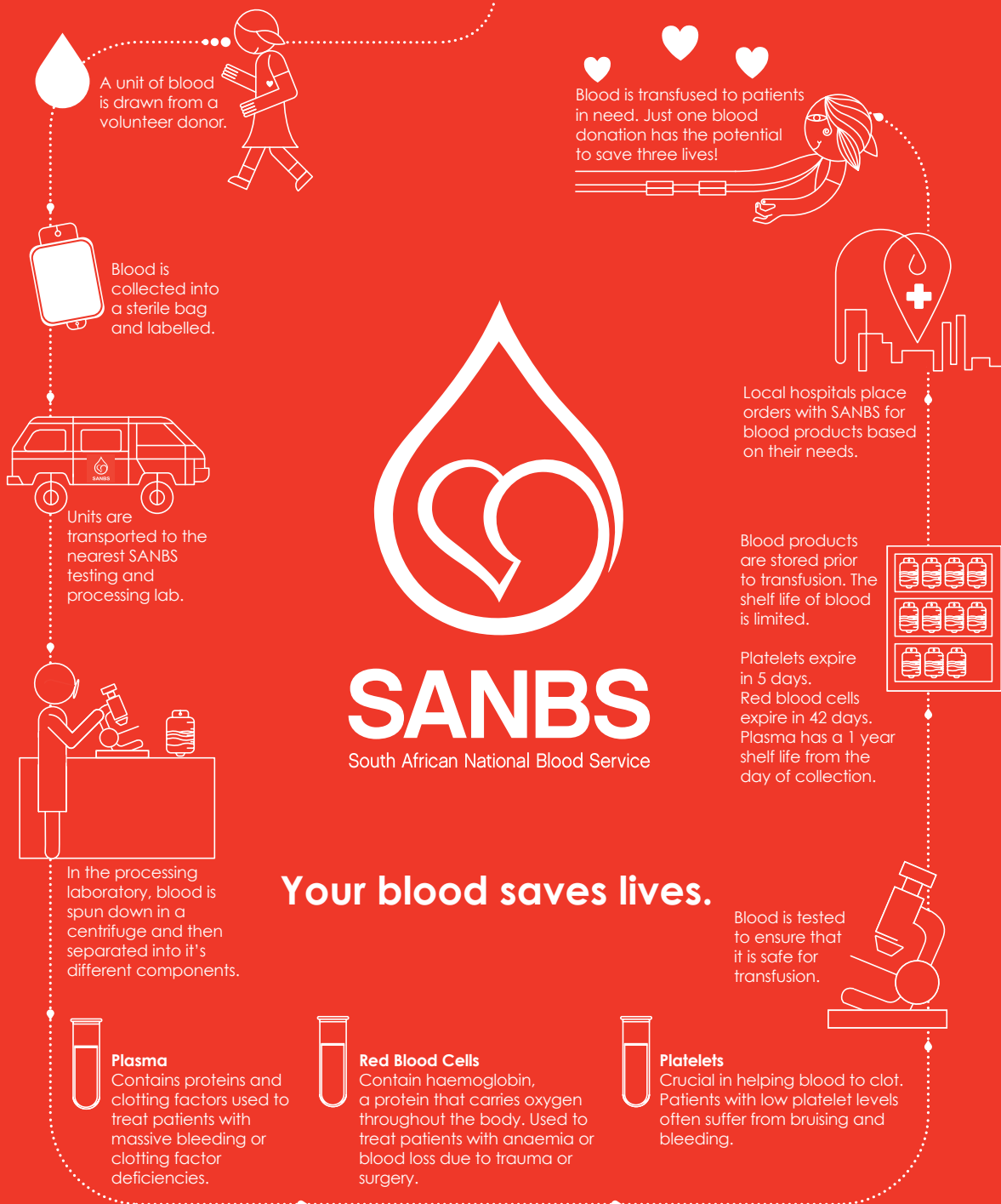
their fellow South Africans.

SANBS also joined forces with popular Gauteng radio station, YFM, who was also on hand to entertain the passengers and their loved ones.

The event, which was the second of its kind, was another resounding success and through this partnership, regular blood drives will now be taking place at the iconic Johannesburg landmark.▲

“Siyabonga Ga'zlam...”

Journey of blood



Your blood saves lives.

sanbs.org.za



PATIENT BLOOD MANAGEMENT



“ Less than 1% of South Africans are donating blood. ”

Every year, more than 1 million blood products are issued to patients in need of life-saving blood transfusions. With demand for blood increasing and relying on just 1% of South Africans donating, the SANBS needs to take every possible precaution to ensure that the national blood supply is safe and adequate.

With this increasing demand on the blood supplies, preventative measures can be taken so that some patients can avoid needing a blood transfusion. If a doctor knows that a pregnant patient is prone to low iron levels, and may need a blood transfusion during childbirth, the doctor can give her additional supplements to increase her blood levels and reduce the

likelihood of a blood transfusion.

Effective patient blood management can help prevent unnecessary transfusions and will help doctors make more informed transfusion and other medical decisions about the use of blood and blood products.

Countries like Australia and New Zealand have introduced very successful patient blood management programmes which has alleviated pressure on their national blood supply. The SANBS Medical Division is driving patient blood management throughout the South African medical fraternity to help minimise blood shortages. 🩸

GRACE BIBLE CHURCH

DELIVERS A PRAISEWORTHY CONTRIBUTION

One of South Africa's biggest blood drives happens every month at the Grace Bible Church in Soweto. Since the Church in Pimville graced SANBS with their support, more than 10 000 units of blood have been donated!

In 2017 alone, 1664 donors gave their

Churches and other community blood drives are responsible for a large part of blood collected in South Africa. Should you wish to assist with arranging a blood drive in your community, **please contact the SANBS on 0800 11 9031, or visit sanbs.org.za to find out how you can help.**

life-saving gift to their fellow South Africans. The annual highlight is the Easter Service blood drive which is held at Orlando Stadium, which thousands of followers from around the country attend.

SANBS donor relations manager for the area, Michellé Kishore says that working with Pastor Gege Sono over the past 10 years has been an honour; "Pastor Gege is a wonderful ambassador for her Church and for blood donation. The blood drives at Grace Bible Church are a highlight and their staff have always been enthusiastic and helpful." 📌



I make the team!

29 JANUARY – 16 APRIL

varsitycup.co.za

LIVE ON SUPERSPORT

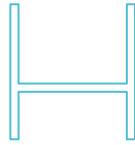


#MakeTheTeam



SANBS





VARSITY CUP RAKES IN THE BLOOD



First Ever Gaz'lam Trophy goes to FNB Varsity Cup Runners-up FNB NWU. is successful – blood gives people a second chance.

On 16 April, the North-West University were crowned inaugural Gaz'lam Trophy winners at the vibrant FNB Varsity Cup final in Stellenbosch. Despite losing the rugby to Maties, the FNB NWU team can hold their heads high, their university beat all the other participating universities by encouraging the most South Africans to donate blood for the duration of the tournament.

The 20 000 strong crowd at Danie Craven Stadium not only witnessed the spectacular rugby unfold but the fireworks which illuminated the night sky, also shed light on the unbelievable impact the tournament had on saving South African lives.

The partnership between the South African National Blood Service (SANBS), the Western Province Blood Transfusion Service (WPBTS) and FNB Varsity Cup saw over 37 000 ardent rugby fans donating blood with just under 8000 coming

from FNB NWU alone. The campaign leveraged the healthy rivalry between the participating universities in an effort to get their students, alumni and the fans to save lives.

2018 FNB Varsity Cup champions FNB Maties from the university of Stellenbosch came sixth in the Gaz'lam trophy. FNB UP-Tuks who led throughout the challenge were overtaken by a surging FNB NWU just days before the final.

SANBS congratulates FNB Maties on their amazing 40 – 7 win in the final and FNB NWU and their supporters for winning the Gaz'lam Trophy. NWU put in an enormous amount of work in encouraging their supporters to donate blood throughout the challenge and thanks to their efforts, collections at the university blood drives and surrounding donor centres soared.

The partnership with FNB Varsity Cup was a resounding success, and SANBS is confident that the 2019 tournament will help save even more lives. 🩸

GET A GIFT FOR YOUR REGULAR GIFTS OF LIFE.



In keeping with giving experiences to those who receive blood transfusions, this year's gift to frequent donors is a unique picnic hamper for two – a backpack with everything you need for a memorable day in our beautiful countryside.

To get yours, just
donate blood four
times during 2018
at any SANBS blood
drive or donor centre.

Plasma and platelet donors will also receive a commitment gift after four donations.

The SANBS is eternally grateful to those that take time to give a gift of life to others, because every blood donation can potentially save up to three people. So, a big 'Thank You' to all active South African blood donors – you are the cornerstone of the national blood supply. 💧




Running the South African National Blood Service successfully is dependent on regular blood donations. As the World Health Organisation says; "There is a constant need for a regular supply of blood because it can only be stored for a limited time. In order to ensure that safe blood is available when and where it is required, regular blood donations by healthy people are needed."

That's why the SANBS acknowledges regular blood donations by recognising people who have reached donation milestones with our Donor for Life Awards, as well as presenting those who have donated blood four times in a calendar year with a commitment gift.



**This special party was
made possible by
*Jessica Manana – Blood Donor***

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

   sanbs.org.za





On 21 March SANBS asked South Africans to answer President Cyril Ramaphosa's call to become agents of change by becoming blood donors through the **#NewBlood** initiative.

All donor centres and selected blood drives were opened on 21 March in convenient locations throughout Mzansi. The main focus was to get new blood donors to start donating and to get people who had not donated in a long time to start giving lifetimes again.


One of the highlights of the amazing day was the first ever blood drive in the iconic Shova in Vilakazi Street in Soweto where we entertained the public and encouraged people to donate blood. Numerous other new drives were set up with our media partners and the SANBS staff pulled out all the stops and many volunteers also joined in the extremely successful activations countrywide.

A total of 5 473 units of blood were collected on 21 March, far outstripping the 4 500 units targeted.

The impressive collections has ensured that South Africa had enough blood stock for the Easter holidays.

Thanks to the efforts of the thousands of new and re-joined donors, who lent us a hand with the campaign SANBS has been able to turn things around. Close on 7 000 people turned up at donor centres and blood drives for the mass participation event.

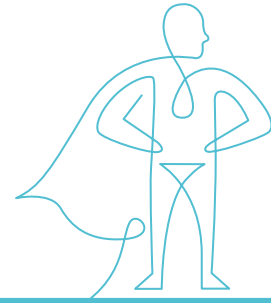
But the **#NewBlood** campaign was not just a once-off initiative. By continuously encouraging new blood donors to take up the cause and donate regularly we can ensure that there will be enough blood for babies born prematurely, accident victims, cancer patients and many other individuals who are in desperate need of blood.

Should you know of a place which may be a good location for a blood drive, please contact the SANBS on 0800 11 90 31 or send us an email on customerservice@sanbs.org.za 

THANK YOU SOUTH AFRICA

FOR ANSWERING
THE CALL FOR
NEW BLOOD.





“

I could not wait a day longer and on my 16th birthday my dream came true, I became a blood donor”

”

A few years ago, a small boy Johannes Frederik van den Heefer, or Jay-F as we know him, accompanied his mom on her visits to donate blood at the Upington Blood Donor Centre. As a toddler, he had never-ending questions wanting to know more about what his mommy was doing. Mom, being an eager advocate for blood donation, explained patiently about the importance of blood donation. Over the years this family tradition continued as numerous members of his immediate family gave blood regularly.

From an early age Jay-F couldn't wait to start donating blood and constantly asked the SANBS staff when he could start giving.

Jay-F's inspiration to donate blood was further amplified when a school friend was diagnosed with cancer and had to get blood transfusions.

Finally, in on the 5th of June 2017, he turned 16.

**JAY-F
COULD
NOT
WAIT TO
BECOME
A BLOOD
DONOR...**

"I could not wait a day longer and on my 16th birthday my dream came true, I became a blood donor" Jay-F said.

"I had to follow all of the SANBS procedures and started by completing the blood donation registration form. It was so exciting to see the blood bag fill up with my blood. To become part of the SANBS family, was something I looked forward to for quite a while."

"There's still a lot more I want to know about blood donation, but the most important thing to me is that I'm saving lives and I would like to encourage the youth to do the same." 📌



DID YOU KNOW?

**CANSA offers care,
support, guidance
and advice to all
those affected by
cancer**



Get in touch with us - Our CANSA Care Centres country-wide offer comprehensive care and support programmes for all those affected by cancer to find the best care solution and advise on managing side effects of treatment, be it physical, emotional and / or spiritual.

Multi-lingual toll-free service - Friendly and informed staff at our toll-free line centre provide compassionate customer service, awareness materials, information and referrals for anything related to cancer support and care.

You can make a difference every month and give a monthly gift to CANSA to help us support those affected by cancer. Visit www.cansa.org.za/personal-donation-options/ to make your donation.

Online donations received will help support our health awareness campaigns aimed at reducing South Africans' overall cancer risk.

Contact your nearest CANSA Care Centre to find out how we can help you

Toll-free 0800 22 66 22
www.cansa.org.za
info@cansa.org.za



WhatsApp

English & Afrikaans:
072 197 9305

Xhosa, Zulu, Sotho & Siswati:
071 867 3530



Research • Educate • Support



Busisekile Shelembe with daughter Senzelwe

BLOOD: THICKER THAN YOU THINK

all I was thinking was my two-year-old at home and this baby that I had just brought to this world. "They will never remember me should I die," I thought in fear.

I went back to theatre after a diagnosis of Post-Partum Haemorrhage (bleeding from the placenta) was done, and Re-Laparotomy (a surgical incision into the abdominal cavity) was done, at this point my HB was at 5.8 as opposed to 12.0 to 15.5 which is considered normal.

I was then re-opened and options for management of my conditions at the point was Hysterectomy (operation to remove all or part of the uterus) and uterus packing (management of bleeding through packing the uterus), and they chose the latter.

I have never felt so much pain in my life, the five hours of agony became the longest time of my life, I had in that one night received 8 units of blood and more few days after.

What mattered after all the chaos, was I was safe and alive, I had another chance to see my little girls grow.

It's been joy to see them grow, Mihla is now two years and Senzelwe six months and it's all because of a decision of that selfless individual, I will never know.

I am grateful to every blood donor, they are not just donating blood that gets wasted, it is blood that gives people like me a second chance in life and children to see their parents, it goes a long way. There is absolutely no value that can be attached to a gift a blood donor gives, it's a gift greater than all, it is a gift of life. 💧

Giving birth and bringing that little human being into the world, holding them for the first time is one of the happiest and most fulfilling experiences in a woman's life, at least that's what we all hope until something goes wrong.

It was Thursday, August 24 2017 at exactly 07:30 when I welcomed little Senzelwe to this world. It had been an emergency Caesarean however the birth was normal until just few minutes after Senzelwe was born.

Immediately post labour I started feeling dizzy, it got worse to a point where I started seeing very faintly.

I alerted the doctors in the room, whom immediately gave me O+ blood. It didn't get better but instead, it got worse by the minute. I wrestled with a feeling until I found myself being told to keep my eyes open, there was suddenly panic in the room, shouts from all around "do we have at least 5 units of O+positive blood in the room?" the doctor asked in panic.

It dawned on me to me that I was faced with possible death. Worry engulfed me,

RARE BLOOD AND SANBS

The ABO blood group system is the world's most widely recognised blood group system, while the Rh system determines whether we have Rh-positive or Rh-negative blood.

About 45% of the population typically have group O while group O negative is the universal donor blood, while AB positive patients can receive blood from any group.

However, in addition to the ABO and Rh blood group systems, there are more than two hundred minor blood groups, known as rare blood types, that can complicate blood transfusions.

Common blood types are expressed in a letter or two, which may be Rh positive

or negative, while a smaller number of people's blood types are expressed as an extensive series of letters – such as the h/h blood group, also known as Bombay O, which is a rare blood group.

Less than 1 in 5000 people have these blood types and some of them may have severely adverse reactions if they are given the wrong blood type.

This is why the SANBS keeps a register, stores blood in a repository and manages

rare blood group supplies – locally and abroad.

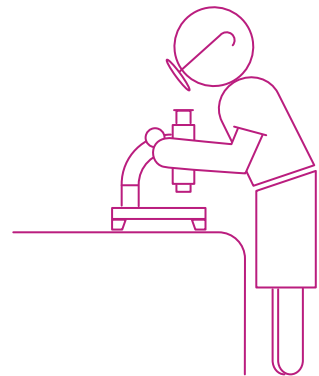
We know when we encounter a rare blood type if the cross match – which is done on the blood of the patient and the donor, test as incompatible beyond normal measures. In these cases, a sample of the patient's blood is sent to the SANBS laboratories for detailed testing. This reveals that, in over 80% of cases, the patient has developed antibodies to the more common blood type and that they have a rare blood type. If the patient has antibodies, they will receive Rh negative blood and if they have a rare blood type, every effort is made to source the correct rare blood type for the transfusion.

If the SANBS has that type – either in the repository, or through the donation by an active donor, it is sent to the patient. If no local stock is available, an international

search is made and the patient's family will be asked to get themselves tested for the rare blood type.

The SANBS also actively searches for rare blood types with a programme introduced by its Specialised Laboratory Services (SLS) which does routine tests on random samples of donor blood for rare blood group systems. Donors with rare blood groups are notified and asked to donate regularly and are asked to involve their families in blood donation.

To date, this programme has yielded a hit rate of 8% compared to the worldwide average of just 0.02%. Through the SLS, the SANBS will continue to improve the processes for supplying rare blood types. 🩸



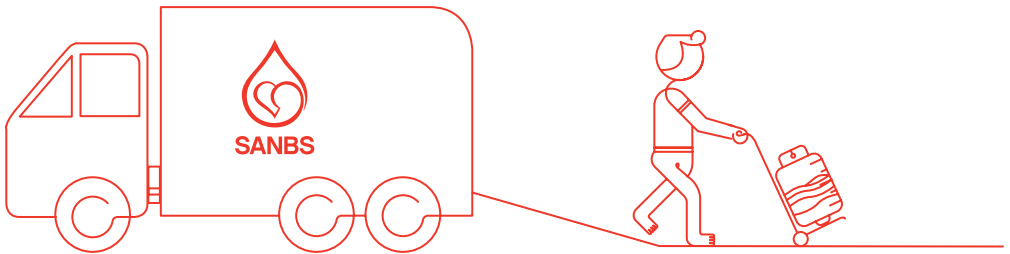
MIDWIT BRANCH DONOR COMMITTEE BENEFITS FROM YOUNG BLOOD

Young Thami Gazide, a Grade 12 learner from Mphanama Comprehensive School in Mhluzi, Middelburg, Mpumalanga, joined the SANBS Midwit Branch Donor Committee as a non-voting member a year ago.

He soon adapted to the more formal side of SANBS, and before long was recruited as a peer promoter at his school, where regular blood drives take place. Soon, Thami and teachers at the school formed a team of promoters to drive educational messages throughout the school to encourage his fellow learners to donate blood.

Thami's friends and teachers told Gaz'Lam that he has made blood donation a life-changing experience and they have increased blood donation at the school by more than 300%. 📈

We asked Thami what his inspiration is and he answered; "Blood is not only in my veins, it's in my name, because Gazide means 'I am from blood'."



PORT ALFRED COMMUNITY ADOPTS MONTH OF FEBRUARY TO COLLECT BLOOD

The month of February 2018 was a ground-breaking month with regards to blood collections in the coastal town of Port Alfred.

The Port Alfred Primary and High School joined the SANBS Adopt-a-Month project. The learners were challenged to encourage their friends and family to donate blood at their local community blood drive. Their target was to bring in 50 units of blood during February but the

community drive at the Girl Guide Hall, yielded a staggering 72 units of blood!

This is the highest number of units that the East London SANBS team has ever collected in Port Alfred.

SANBS Donor Relations Practitioner, Rene Vice, says that the project has not only more than doubled collections in the area, but has also attracted numerous new donors. 📈



METRO POLICE DEPARTMENT

ACCIDENT REPORT

Narco St., Johannesburg, CA



TIME: 09:52

All personnel in possession of this document require authorization to enter information that will bear as witness testimony in the court of law. Please ensure that the information gathered and entered is collected lawfully and entered accurately.

FULL NAME: Melody Phongweni

BADGE NO: 23090231

Incident location Bram Fischer Dive

Enter GPS coordinates below

Bryanston North, Sandton

2 4 3 2 2 9 8 6 6

Johannesburg, Gauteng

This information is to be corroborated by vehicle location.

Please enter the facts of the scene as you believe them to be true.

03/04/2016

On the above date and time I responded to a 1013 call on Bram Fischer Drive. Upon arrival, I ascertained that the accident victim was a pedestrian who had been hit by an oncoming vehicle, registration number CR43FCGP. She was unconscious and unresponsive. Victim was diagnosed with major haemorrhaging in the abdominal region, leading to substantial blood loss. Both mother and unborn foetus were presumed to be recovering well after having a transfusion of 7 units of type A+ blood. The infant, who was delivered by emergency C-section upon arrival, weighed in at 3.7kg and is in a healthy condition. All signs indicate that neither have suffered any long-term damage. Both mother and baby were cleared for release.

BY SIGNING THIS DOCUMENT YOU ARE COMPLICITLY WAIVING AND WITH FULL KNOWLEDGE AND UNDERSTANDING OF THE DISADVANTAGE DATA

54. **2004 M2**

477-CLINTON DR
 BARNSTABLE, MA 02536
 CLINTON
 MA



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Donate now, and help continue someone else's story.
www.sanbs.org.za





Mohamed

Khensani

Jordan

Sisanda

Johan

Mbali

Lerato

**AS ONE OF OUR 800 000 DONORS A YEAR,
EVERY DROP YOU DONATE SAVES LIVES. SO THANK YOU.
YOU ARE A TRUE HERO.**

