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BLOOD BUZZ

JANUARY 2019 | VOLUME 21



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Bring 4 new blood donors with you to donate in 2019 and you'll receive a special gift.

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New Year, New Name!

2019 is a year of change for the Western Cape Blood Service. That's right, we are starting 2019 with a new name. We have changed from the WP Blood Transfusion Service to Western Cape Blood Service for two main reasons. Firstly, geographically we are situated in the Western Cape and secondly, we collect, test and transport the blood but we don't transfuse the blood.

During 2019 we will also be implementing various exciting campaigns. One such campaign is our 2019 loyalty card campaign. Be sure to get your loyalty card when you donate blood. If you commit to donating 4 times during 2019 you will receive a beach/picnic mat on your 4th donation. If you bring a new buddy with you when you donate you will get another beach/picnic mat on the 4th time. Please make sure that you get your sticker!

Thank you to all our regular and new blood donors for your support during 2018. We look forward to sharing 2019 with you.

Yours in blood donation
Michelle Vermeulen ■

Bring-a-Buddy
Bring a new blood donor when you donate in 2019 and receive a limited edition beach/picnic mat on the 4th time.
#BringABuddy

Show Your Commitment
Donate blood 4 times in 2019 and receive a limited edition beach/picnic mat on the 4th time.
#CommitTo2019

On The Cover: Gavin Arends & Kerry McIntyre from Smile 90.4FM donating blood.



Blood saves lives!

BY DEVON WALBRUGH

On the 27th of November 2017, Devon Walbrugh came home from work not feeling well. He was light headed and felt a tad nauseous, symptoms that one could easily misinterpret as a tummy bug or just the usual daily work stress. Little did Devon and his family know that the evening and the days to follow, would be an incredible traumatic journey.

As the evening progressed, Devon's health started to deteriorate. His wife, Chanel was preparing the kids for bed when she heard distinct gurgling noises coming from the bathroom. She found him non-responsive, he had collapsed over the bath. Emergency services were immediately contacted and he was rushed to hospital. He initially presented with low iron levels. Within the next 24 hour period, he was losing consciousness and hospital staff quickly moved him to ICU. Devon was now bringing up blood. He was rushed into theatre before midnight on the evening of the 28th November, where emergency surgery was done on his chest and stomach to remove a tumour. Devon was bleeding profusely from the inside of his stomach and suffered massive blood loss.

Medical staff advised that a total of 20 units of blood were administered to Devon, which saved his life. He was given a second chance in life because of the selfless efforts of people who donate blood. He would like to encourage everyone who is eligible to donate blood, to do so without hesitation. Devon, his wife and children, would like to sincerely thank all blood donors as this story could have had a very different ending if it wasn't for you. Blood donations saves lives, your blood matters! ■

DONOR HEROES DEDICATED TO PLATELET DONORS

BY BONGIWE SIPUNZI



JENNIFER CADMAN
Number of donations: 152

Why do you donate blood?

“I was a regular blood donor and one of the nurses told me that my blood is rare and therefore I should consider donating platelets. I have been a platelet donor for a while now and I love saving lives.”

Message to potential donors:

“Donating platelets is amazing - it saves lives.”



GERALD DIKENI
Number of donations: 44

Why do you donate blood?

“My key purpose in life is to save lives. One of the ways I save lives is by donating platelets.”

Message to potential donors:

“Just get up and do it, it’s free.”



KYLE MARSHALL
Number of donations: 33

Why do you donate blood?

“Kay Abrahams from WCBS actually explained the need and the benefits of donating platelets and I couldn’t see a reason why not to donate.”

Message to potential donors:

“Donating makes a difference and brings people back to life.”



KURT TANNER
Number of donations: 131

Why do you donate blood?

“Cell Separation called me to consider becoming a platelet donor. I understood the difference it made in saving lives, especially children.”

Message to potential donors:

“Be a superhero and do something remarkable.”



SUSAN WELDON
Number of donations: 5

Why do you donate blood?

“My father used to be a blood donor and I followed suit.”

Message to potential donors:

“There is nothing to be scared of, and it costs nothing.”



ANDREA HUGGETT
Number of donations: 39

Why do you donate blood?

“I started donating blood when I was still at school. What motivated me to become a platelet donor was when I found out a young boy would receive my platelets. I thought, I could be a superhero and do it more often.”

Message to potential donors:
“Donating is for a good cause.”



CHRISTINE WEVER
Number of donations: 166

Why do you donate blood?

“It really feels good to help prolong a person’s life, especially if it’s a child. I was able to help a lady in KZN who needed platelets as well as a little boy who suffered from cancer.”

Message to potential donors:
“Donating is for a good cause.”



RICHARD BUCKLEY
Number of donations: 86

Why do you donate blood?

“I was a regular blood donor but always wanted to do something more. When I found out that I was eligible to donate platelets, I was so happy.”

Message to potential donors:
“By donating, you are giving someone a chance to see another day.”



DAWN MAKAN
Number of donations: 86

Why do you donate blood?

“My colleague encouraged me to donate.”

Message to potential donors:
“It’s worth it and it is for a good cause.”



JANINE PATTON
Number of donations: 49

Why do you donate blood?

“I saw a child receiving platelets at a hospital and I wanted to help save more children.”

Message to potential donors:
“Think of the good you will be doing.”



80 REMARKABLE YEARS

The WCBS staff celebrated the Service's 80th Birthday with a function held at the Century City Convention Centre on Friday, 26 October 2018. Here are a few highlights:





Celebrating our local heroes

Cape Town holds their annual donor awards in honour of blood donors



The Western Cape Blood Service's annual donor awards for the Cape Town region was held on Friday, 30 November 2018. During this prestigious evening our remarkable donors who made 150 or more donations were honoured for their contribution towards saving lives. Awards were also given to individuals or organisations who have gone over and above by making blood donation a cause close to their heart.



Our MC for the evening was Elana Afrika-Bredenkamp with the keynote speaker being Dr Colin Noel, addressing the audience about Diamond-Blackfan Anaemia. ■



REGIONAL NEWS

Blood Buddy visits the Algoa FM Hitmobile in George

BY ARLECIA NOVEMBER

On 5 October 2018, the Algoa FM Hitmobile, with Siobhan Momborg, visited the George Branch to help boost our blood stocks. The Hitmobile was held from 11:00 - 14:00 and during this time music was played and there were hourly live crossings to update the listeners on how many units were collected. A total of 32 units of blood were collected on the day. The highlight of the day was when our Blood Buddy arrived. ■



Promoting blood donation at Vititec Wellness day in Paarl

BY TINYIKO MNGQIBISA

On 11 November 2018, Vititec in Paarl hosted a wellness day for their employees. WCBS was part of the wellness day to generate awareness about blood donations, and inform Vititec employees of our Thursday blood clinics.

Employees that were interested in having their iron levels tested were given the chance to do so. Employees whose haemoglobin (HB) levels were low were keen on finding out why and what they could do to increase it.

Other participants on the day included Discovery, SpecSavers and Careen Joubert who runs her own dietetic and lactation consultation. Joubert and her husband are both regular donors. She shared information on healthy eating habits and even gave free popcorn to everyone.

All employees and participants were treated to a free lunch, and received a free hand massage from SH'Zen agents.

Corporate wellness is an investment in the physical and mental health of employees by creating a healthier, happier and more relaxed environment. Corporate wellness can improve the overall productivity, health and morale of staff, while reducing stress levels in the workplace. Having a wellness programme provides benefits for both the organisation and its employees. ■

South African Physio-Society

Reconstructing lives through physical therapy and blood donation

BY MELANIE ROSSOUW

Physiotherapy aims to improve one's physical condition by restoring bodily functions through methods such as exercise, massage and correcting balance and movement. Blood donation aims to save, or at the very least, improve people's lives. When you combine the two, a dynamic powerhouse of possibilities exist to not only conquer bodily distresses and restore vitality but also to give many a second chance to live again.

Such was the case when, during the South African Physio-society's Annual General Meeting (AGM) on Saturday, 6 October 2018, the Western Cape Blood Service (WCBS) simultaneously held a blood donation clinic at the University of Stellenbosch (USB) Business School conference room, with over 70 participants coming from far and wide to form part of



Above: Estellé Lecoq (WCBS Promotions Officer), with Elmarie Koch and Annemarie Steyn.

this day. The WCBS clinic team from Paarl hosted the clinic and ensured that all the blood donors were met with friendly smiles and warm welcomes and assisted greatly in building good relations with the USB student donors and Physio-Society AGM participants alike.

Physical therapy as a profession originated during World War I - in response to the need created when soldiers were injured in war - and the first physical therapists were actually called "reconstruction aides". With October also being National Physical Therapy month, the opportunity to promote and amplify the benefits of physical therapy by participating in the Physio-Society's AGM was a rare privilege for WCBS and we look forward to reconstructing and saving lives together again in 2019 and beyond! ■

Meet the Team

Promotions, Public Relations & Planning

BY PAMELLA NTSEKE



This robust team forms a major part of the frontline staff at the Western Cape Blood Service. The team is made up of groups from Pinelands (HQ), George, Paarl and Worcester. On the team is, (back row) Ronald Davids (George manager), Nastasha Arendse, Delizia Montgomery (Paarl manager), Christa Smit, Marike Gevers, Estelle Lecoq, Mariana Nelson, Aishah Salie (promotions supervisor), Janine Wildschut (Worcester manager), Craig Hicks, Jill Nicholas, Tinyiko Mngqibisa, Michelle Vermeulen (corporate PR), Loyiso Botya, Melanie Rossouw, Arlen Marais, Christoff van Wyk (graphic designer & multimedia), Vuyolwethu Mguli, (front row) Irene Van Schalkwyk (department manager), Bongwiwe

Sipunzi, Alanna Kondo, Nadia Turner, Faye Jenkins (customer care supervisor) and Pamela Ntseke. This team is responsible for a range of duties including reception, customer care, promotional as well as public relations. They are also responsible for recruiting potential blood donors and educating the community on the importance of donating blood and blood safety.

Our heartfelt thanks goes to all the Donor Representatives that have supported us throughout 2018, to all those companies, schools and communities that have given us the opportunity to give educational talks and those that have given us space to set up exhibition stands. ■

THE JOURNEY

Blood is collected from volunteer donors.



Units are transported to the nearest WCBS offices for testing and processing.

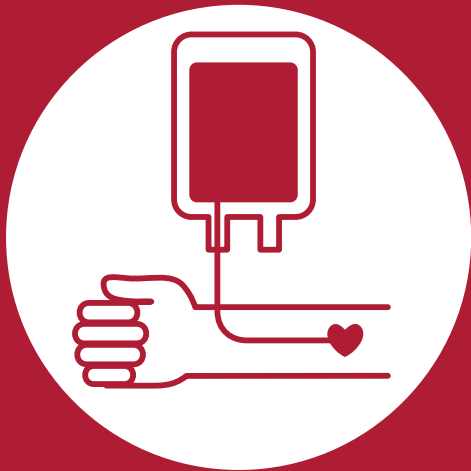


Western Cape
Do something remarkable

Blood is spun down and separated into its different components.



Y OF BLOOD



Blood is transfused to the recipient. Just one donation can save three lives.



Blood and blood products are sent to blood banks and emergency blood fridges.



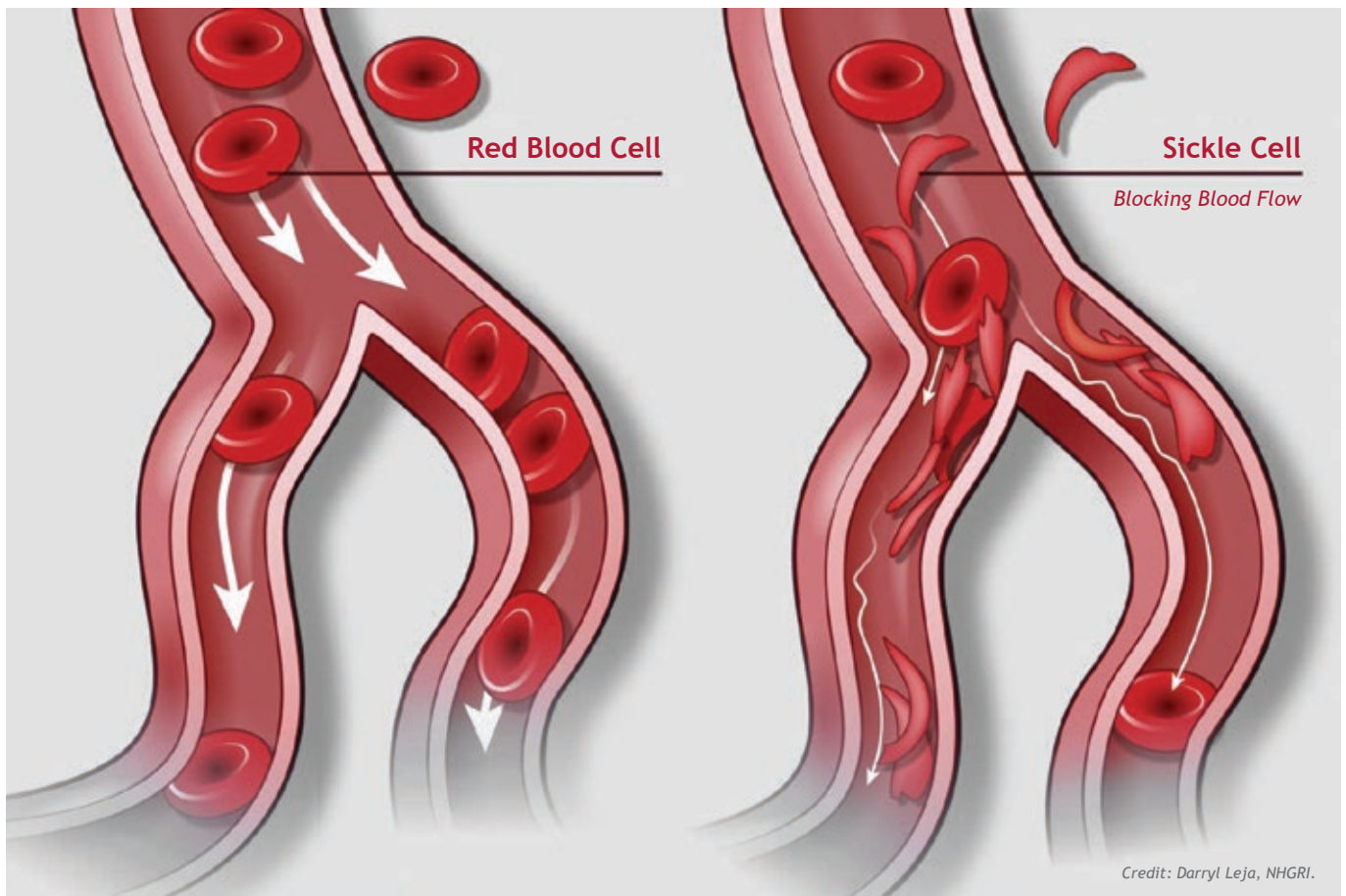
Every unit is blood grouped and tested for HIV, hepatitis B & C and syphilis.

pe Blood Service
emarkable

Understanding Sickle Cell Disease

BY CLAIR ENGELBRECHT

(GENETIC COUNSELLING - UNIVERSITY OF STELLENBOSCH)



Sickle Cell Disease (SCD) is an inherited blood condition where the red blood cells (RBCs) of an affected person can change from the normal round shape to a banana/sickle shape (see figure above taken from www.ghr.nlm.nih.gov/condition/sickle-cell-disease). When the RBCs change shape, they become stuck in blood vessels, causing many of the symptoms seen in SCD. Because the RBCs are abnormal they are quickly broken down by the body, contributing to further symptoms.

Common symptoms in SCD include severe pain, chronic anaemia, fatigue, infection and jaundice. More severe complications include stroke, acute chest syndrome, high blood pressure and organ damage and/or failure.

SCD can affect people of all races and is the most common genetic condition in the world. It is inherited from healthy parents, who are carriers of the condition. Patients with SCD are also at risk to have an affected child if their partners are carriers. A child will get SCD if they receive two sickle genes, one from their father and another from their mother. In South Africa,

couples at risk of having an affected child can choose to have testing in a pregnancy. This is available through local genetics services.

Currently the only cure for SCD is a bone marrow transplant from a matched donor. Such transplants are available to very few patients and so SCD is commonly managed through prevention or treatment of symptoms or complications. Since SCD is a blood condition, blood transfusions are a crucial part of medical management for many patients.

Genetic counselling is available to SCD patients and their families or caregivers. Genetic counsellors are healthcare professionals trained to educate patients on the medical implications and inheritance of genetic conditions. Genetic counsellors (GCs) also provide psychosocial support and relevant resources (such as information sheets; support group contact details and up to date research information) to patients and their families or caregivers. Information on where to seek appropriate medical care can also be given by GCs. ■

Genetic Counsellors contact: University of Cape Town/Groote Schuur Hospital: Tel (021) 404 6235 or 406 6373
University of Stellenbosch/Tygerberg Hospital: Tel (021) 938 9807/9787

Support Group in your area: Sickle Cell South Africa (www.facebook.com/Sickle-Cell-South-Africa-454270868335191)

[This work is supported by SickleInAfrica - to view other SCD support groups across the continent visit www.sadacc.org]

Find blood drives close to you.

*Check up on the Western
Cape blood stock levels.*

*See when you are next
due to donate.*



Download the WCBS App





UCT SOCIETIES

Blood Donation Challenge

BY LOYISO BOTYA

The UCT Faculty of Health Science's quarterly blood donation clinic took place on Tuesday, 16 October 2018, but this time there was a buzz in the air. UCT Surgical Society initiated a society challenge whereby students got the chance to donate for their society and accumulate points to determine the winners.

Ten societies took part in this challenge. In order to obtain a gold status, societies had to make 30 donations or more, silver status had to make between 20 and 30 donations and bronze between 10 and 20 donations. A total of 94 donations were made on the day and three societies earned status certificates.

Well done to the Rural Support Society and the Surgical Society who earned bronze status. Congratulations to SHAWCO Health who won the challenge and earned a gold status by donating 42 units.

A big thanks to the UCT Surgical Society for this awesome initiative and for everyone that took part in this challenge. We will do this again next year, so bring your A-game! ■

TOP 10

Blood Donation Schools

in the Western Cape 2018



1

Spine Road High
537 donated units



2

Fish Hoek High
452 donated units



3

HTS Drosty
434 donated units

BY MARIKE GEVERS

Congratulations to the top 10 schools in the Western Cape that have donated the most units of blood in 2018. It was a battle to the finish line.

- 10th place: DF Malan High in Bellville (294)
moving up from last year's 30th place
- 9th place: HTS Bellville (304)
- 8th place: Westerford High (310) in Newlands
- 7th place: Livingstone High (313) in Claremont
- 6th place: Malibu Secondary in Blue Downs (337)
moving up from last year's 29th place
- 5th place: Bellville High (378)
- 4th place: Punt High (395) in Mossel Bay



10

DF Malan High
294 donated units



4

Punt High
395 donated units

HTS Drosty in Worcester moved back into 3rd place from last year's 4th place, collecting 434 units, 59 units more than in 2017. Fish Hoek High also moved up one position into the official 2nd place, collecting 452 units, 40 units more than in 2017.

Congratulations to Spine Road High from Mitchells Plain who came in first place for a second year in a row. They collectively donated 537 units of blood, increasing their amount with a staggering 99 units! They also had the most amount of new donors with 236.

Well done to all our schools! Thank you for your commitment and we look forward to seeing who will be in the top 10 in 2019. ■



9

HTS Bellville
304 donated units



5

Bellville High
378 donated units



6

Malibu Secondary
337 donated units



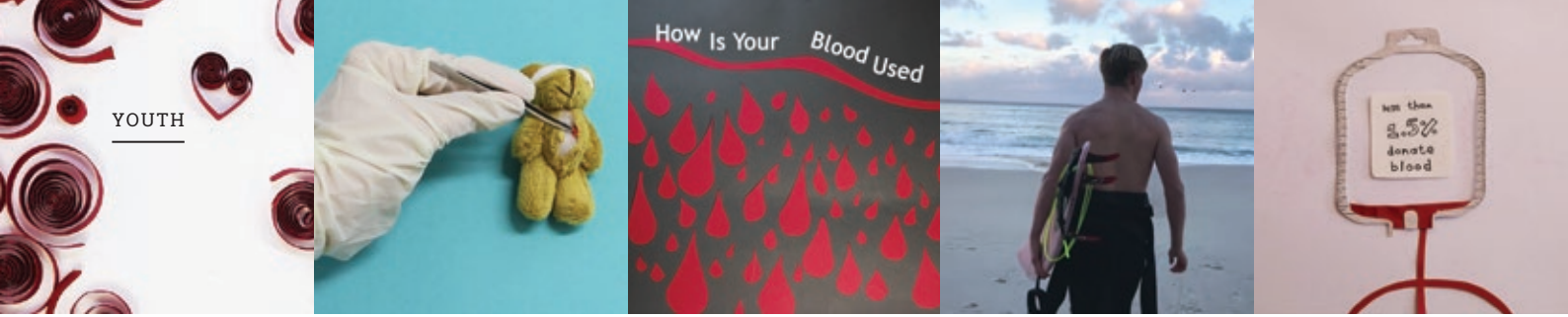
7

Livingstone High
313 donated units



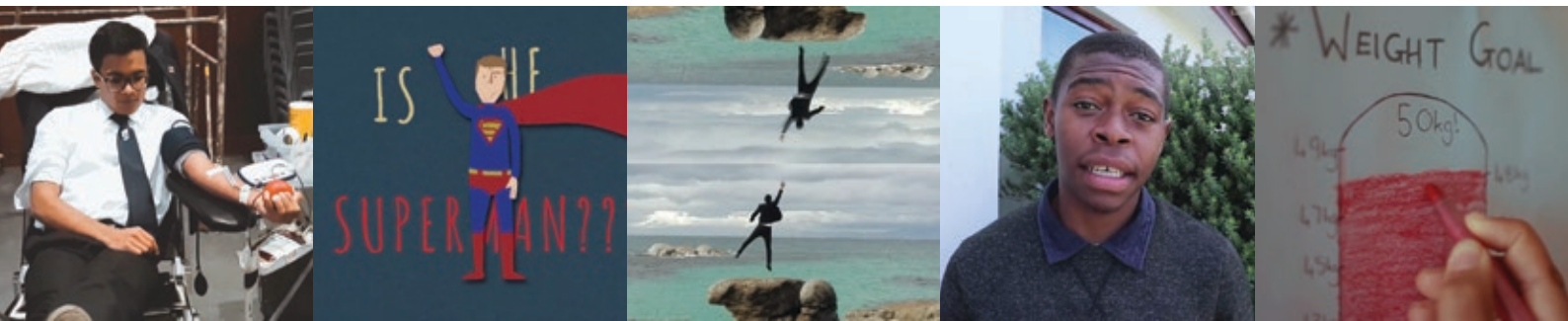
8

Westerford High
310 donated units



CONGRATULATIONS

to the winners of the #YouthTube2018 competition



BY MARIKE GEVERS

We challenged the youth to create a short uplifting film between 30 seconds and 3 minutes to inspire and educate others about blood donation. The bar was set high and the quality of the videos received was absolutely amazing and we thank each and every one who entered the competition.

There were two categories: the Aspiring Creatives category which catered for anyone with no formal film, creative or digital background and the Filmmaker's category for the semi-professionals. This was the first year whereby WCBS partnered with Stellenbosch Academy of Design & Photography, SAE Creative Media Institute and The Vega School and phenomenal entries were received from their students as this competition formed part of their curriculums.

There were 3 finalist in the Aspiring Creatives category and 7 in the Filmmakers category. The public could vote for their favourite in October and it came down to the wire in the last few days of voting. Two winners emerged victoriously. Congratulations to Jesse Dreyer in Category 1 and Christian Spies in Category 2.

You can watch all of our finalist videos on YouTube (Western Cape Blood Service).

On the left Jesse Dreyer and right Christian Spies with their trophy and amazing Canon film gear that they won.

#YouthTube2019 will be even bigger and better so keep an eye on our website for details. ■



WCBS Best Peer Promoter of the year

BY PAMELLA NTSEKE



Congratulations to Mumtaaz Voegt of Spine Road High School for winning the 2018 Western Cape Blood Service Best Peer Promoter Award.

Mumtaaz has been the backbone of the Spine Road High School Peer Promoter Group and ensures that all learners are well informed of the blood donation drives at their school.

She put together the Spine Road High School strategy for the Battle of the Blood Donors against Fish Hoek High School which among other initiatives led to the school winning and getting an outstanding third position overall.

As part of her strategy she introduced the concept of blood donation to some of the high schools in the Mitchells Plain area opening doors for the WCBS to initiate more blood donation clinics in the area.

Congratulations Mumtaaz, we hope that this is the beginning of greater things to come for you in the future. ■

Best School Award for 2018

BY ESTELLÉ LECOQ

Congratulations to D.F. Malan High School that came in first place for the 2018 WCBS Best School award.

The criteria for winning this award includes the following: the school needs to have an established, regular blood donation clinic once a term, allow education to take place, have an active peer promoter group and go over and above in promoting the cause of blood donation. The Service has 94 schools that hosts regular blood donation clinics in the Western Cape, 5 of these schools were nominated for this prestigious award and DF Malan won.

The Peer Promoters did an outstanding job with all their blood drives during this year. They participated in the Valentine's Day campaign and posted selfies with the heart shaped frame on social media. The Peer Promoters challenged all the learners to be part of "something bigger than themselves" and hosted a superhero competition in the second term to increase collections. They promoted their blood donation clinic in the students' newsletter and shared the love even further by treating our staff with a cool drink.

D.F. Malan High School's clinic grew from strength to strength this past year and definitely proved themselves to be worthy of this prestigious award. Well Done D.F Malan! ■



INTERNATIONAL NEWS

BY IRENE VAN SCHALKWYK

USA | NOVEMBER 2018



Study shows a need to handle blood donations differently following tragedies

A study done by Justin Nix, a criminology professor at the University of Nebraska-Omaha says a significant amount of blood donated after a mass casualty event goes to waste. The study shows individuals and communities could better handle these types of situations. First, Nix says more people need to be trained in first aid and in how to use a tourniquet to stop haemorrhaging. “We also recommend that public officials weigh the pros and cons of going in front of the media and imploring the public to donate,” Nix says. “Only do that if the blood banks have approved sending out that message.” ■

Source: www.radioiowa.com/2018/11/14/study-shows-a-need-to-handle-blood-donations-differently-following-tragedies/

USA | NOVEMBER 2018

Study: Public overestimates fainting, dizziness associated with donating blood

Although less than 1 percent of donors faint, and fewer than 4 percent become lightheaded or dizzy, the average estimate by people surveyed was that 11.5 percent of donors faint and 27.3 percent experience dizziness or lightheadedness, according to a study from psychology researchers at Ohio University, published in October by the journal *Transfusion*. Those who said they were “extremely” afraid of the drawing of blood overestimated the adverse reactions

by 36 times, and even people who had “no fear” overestimated the reactions by 16 times, said Ohio University professor Christopher France. France attributes some of the fear to portrayals in the entertainment media of blood donations in which characters faint. Other factors, the report said, could be seeing or hearing about the adverse reactions of other donors. He hopes the report’s findings help to counter those concerns. Fainting,

dizziness and lightheadedness are more common in people who are fearful, France said, indicating that such responses can be psychological reactions. As such, the risk of reaction is reduced when fear is reduced, he said. ■

Source: www.dispatch.com/news/20181123/study-public-overestimates-fainting-dizziness-associated-with-donating-blood



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SMS

SMS the word 'Blood' to 33507



WhatsApp

060 549 7244



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Follow us @The_WCBS



Instagram

Follow us @thewcbs



WCBS App

Download our app



Youtube

Western Cape Blood Service



Donate blood

4 TIMES

— in 2019 —

1st Donation

2nd Donation

Receive this complimentary beach/picnic mat as a reminder of how much we appreciate you.

Donors over the age of 65 will receive the gift on their 3rd donation.

#CommitTo2019



4th Donation

3rd Donation