

bbts
brighton
3-5 oct '18



SAVE A LIFE **GIVE BLOOD**

Blood, Sweat & Tears

A Donor's Story

Rick Mills

Introduction

- Me: -
- A Recipient
- A O+ Donor
- An Ambassador



Recipient

- Being a Recipient

- 1978

- Routine Tonsilectomy / Adanoinactomy

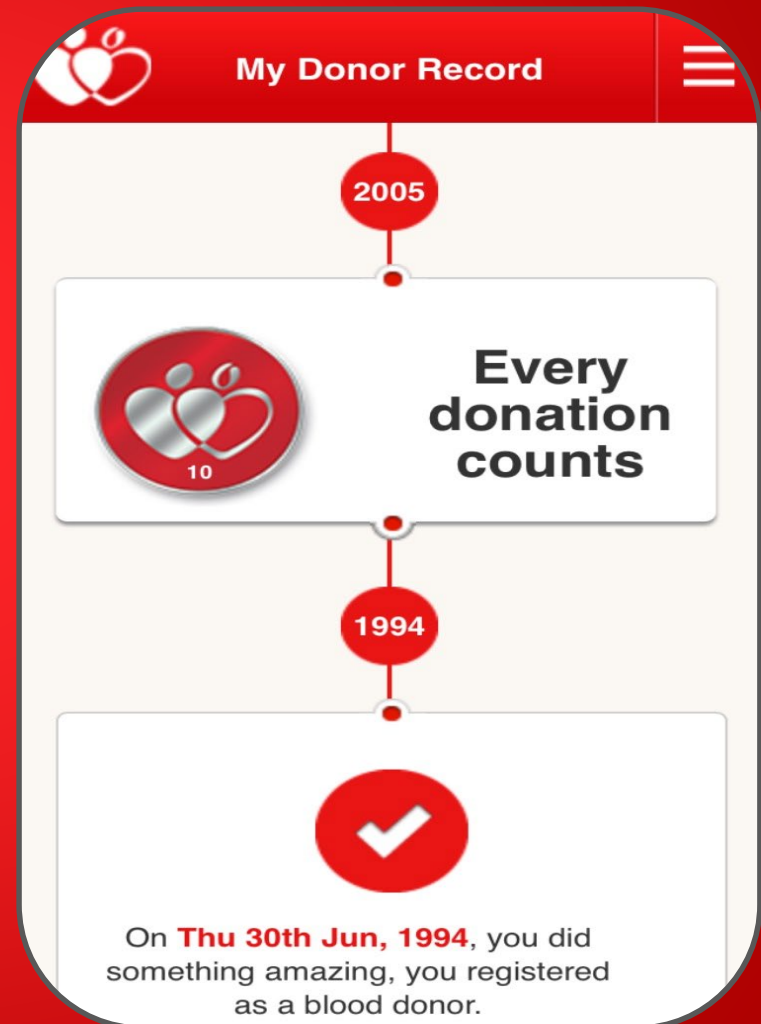
- Post Op Haemorrhage

- Life Saving



Irregular Donor

- Being a blasé donor.
- Infrequent donations



TEARS of sadness

- A Life Changing Experience
 - Summer 2007
 - 18 weeks pregnant, bleeding.
 - Diagnosed – Placenta Previa (Grade 4)
 - 24 weeks 4 days – Waters Break / Labour
 - 13 Units of Whole Blood, 2 Platelets, 2 Plasma
 - Loss of Our Son, Christian.



TEARS of fears

- 2009
 - Pregnancy a day by day affair.
 - Early pregnancy monitoring at St. Mary's Hospital Manchester
 - Early diagnosis of Placenta Previa
 - 33 Weeks – Waters break / bleeding.

Tears of Joy

- Semi-elective caesarian
- Birth of Amy Hannah Louise
- 6 units of whole blood (1 from Cell Saver unit)



SWEAT

- Raising Awareness and encouraging new Blood Donors through the #bloodnotmoney campaign.
- To remain an active Blood Donor for as long as I can, meant losing weight to remain sustainably healthy



Supporting the NHSBT



Thank You – from all of us.

Credits: 68

NHS

Blood and Transplant



#BLOOD **NOT** MONEY