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.