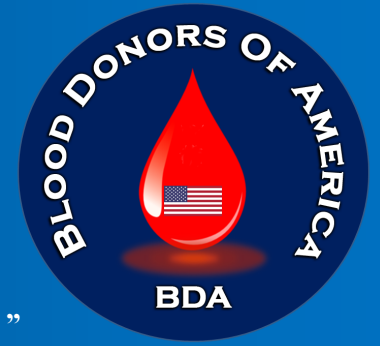


पुनर्जीवन

Blood Donors of America

“To give blood you need neither extra strength nor extra food, and you will save a life ”



VOLUMN 2 ISSUE 5

October, 2014

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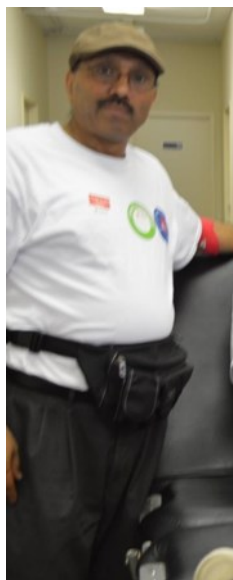
From the Desk of Executive Vice President

Greetings to you all from IL

Happy Deepawali and Chhath

Blood Donors of America wishes a wonderful, happy, and prosperous Deepawali and Chhath to every Nepali homes and communities living across the globe. May the two occasions bring you greater success, peace of mind, and happiness in all your endeavors.

BDA has conducted many blood drives



in various parts of US. Currently this effort is led by a fifteen member executive committee, state representatives from 46 states (so far), large number of socially recognized Nepalese social leaders across America, state coordinators, life members, volunteers and

friends of Nepal. Blood drives are conducted by Nepalese with great

enthusiasm and fan fares. In the month of September alone, the state representatives and local Nepalese social organizations from Delaware, Illinois, New York, and Tennessee conducted blood drives. 128 people donated on top of many more who wanted to donate but were rejected due to strict blood donation policies of the respective states and the country. Similarly, new addition of 34 life and general members alone in the month of September is wonderful.

The selfless donors and the organizer are able to help themselves understand the value of donating blood to save lives which otherwise would have been simply wasted. Their contribution has created very positive effect in the society for helping the needy and helping the Nepalese as well to show their character and interest to unite with the people of the United States of America to live in peace and harmony. Our joint effort will make a positive difference in the community and peoples lives.

Bishnu P Phuyal, PhD



Find us on
Facebook

www.BloodDonorsOfAmerica.org

State Coordinators

Ajaya Satyal, FL
 Bhabindra Basnet, GA
 Santosh Pokhrel, AL
 Dr. Thakur Karki, NC
 Basu Bhandari, LA
 Basu Shrestha, TX
 Satish Chandra Gupta, SC
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 Sujan Dhakal, WY
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 Niranjana Bhandari, UT
 Sanjeev Shrestha, NJ
 Dr. Ranjit Amgai, IN
 Basu Kafle, ID
 Bhusan Aryal, WV



Breast Cancer

Dron Gauchan, MD, FACP
 Executive Member, BDA



In simple layman term, breast cancer is an uncontrolled growth of breast cells. This is particularly found among women though few men do have them. World Health Organization estimated that nearly 8.2 million people died of cancer in 2012 among which 521,000 deaths were related to breast cancer. Breast cancer organization estimates that there are more than 2.8 million women with a history of breast cancer in the US, which includes women currently being treated and ones who have finished treatment. In general, the developed countries seem to have higher breast cancer than developing countries like Nepal. However, we cannot ignore the possibility that this may be due to the lack of proper screenings, reporting, or some other reasons.

There are ways to minimize the risk of occurrence of cancer. Breast cancer organization points out that only 5-10% of breast cancer patients inherit the abnormal cells from their parents, rest get it through other means. While we should be vigilant if we have our parents or cousins with breast cancer, there are several ways to minimize the risk of breast cancer associated with other factors. Some of them for minimizing the cancer risks are:

- Eating balanced diet
- Maintaining a healthy weight
- Not smoking
- Limiting alcohol
- Exercising regularly

These are of course only ways to minimize the chances of having breast cancer. They necessarily do not guarantee that you will remain free of breast cancer. There are other risk factors that are beyond our control, like being woman, age (as we age, the probability increases), family history, etc. among others. However, three quarters of women with breast cancer have no risk factor. Thus, screening for

breast

cancer is of

utmost importance for everyone. While symptoms of breast cancer can vary widely, some common ones are

- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Lump, hard knot or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away

For women over 40 or ones at a high risk of developing breast cancer, annual mammogram and physical exam by a doctor should be a priority. Apart from that we can be more proactive by doing Self Breast Exam every month to see if there are any lumps or swelling. If there is any change or any of the symptoms mentioned above observable, follow up should be done with a physician. Physicians can order mammograms, ultrasound, MRI, CAT scans, PET scans and/or more for screening, diagnosing and monitoring depending on the situation. The death rate due to breast cancer has reduced significantly over the past several years due to advancement in medical sciences and instrumentation. October is a month of breast cancer awareness. There is every reason to celebrate this month as Breast Cancer is a disease that can be cured if diagnosed early. So, be aware of any changes in your breast and do not forget to do annual mammogram if you are a woman over 40 years old.

Blood Drive in Knoxville, TN

BDA Tennessee and University of Tennessee Nepalese Student Association hosted a blood drive successfully in Knoxville, Tennessee on Saturday September 13, 2014. Out of a total of 26 willing volunteers, 21 were able to donate their precious blood contributing to a total of 21 pints of blood. This will be enough to save 63 wonderful lives in need. BDA would like to extend its appreciation to everyone who donated their blood and who wanted but could not as well as the organizers, particularly our colleague in Tennessee, Buddhi Pantha.



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Ajaya Satyal,
Bone Marrow Matching Campaign

Madhav Mainali
Entrepreneurs Committee for com-
munity service

*Welcome to our new life & general members,
September, 2014*

Bharat Raj Lama	Sanjeev Sherstha
Lhakpa Sherpa	Tsepak Dorje Gurung
Krishna Prasad Lamichhane	Bishnu Man Pradhan
Tsering Tenph	Mekh Gurung
Pema Chhiring	Temba Dongba Hyolmo
Nirmal Pradhan	Amar Tamang
Ang Gyaljen Sherpa	Homnath Gautam
Bijay Lama	Saroj Sherstha
Yadav Gautam	Narendra Thapa Magar
Bhuvanewor Adhikari	Vhayo Kancha Sherpa
Sunil Budhathoki	Buddha Chemjong
Radhika Tamang	Wakasha Bantawa Rai
Abhinav Adhikari	Janak Khatri
Durgesh Karki	Nar Buda Chhetri
Prakesh Thapa	Mahesh Malla
Bansha Lal Tamang	Lackyan Lama

Congratulations & Welcome to new State Coordinators

Several new state coordination committees of the Blood Donors of America were formed in the month of September. Blood Donors of America (BDA) is proud to have these energetic volunteers onboard and extends a very warm welcome to the following newest State Coordinators:

1. Rachana Paudel, Oklahoma
2. Niranjan Bhandari, Utah
3. Sanjeev Shrestha, New Jersey
4. Dr. Ranjit Amgai, Indiana
5. Basu Kafle, Idaho
6. Bhusan Aryal, WV



Third Chicagoland Nepali Community Blood Drive, IL

A third Chicagoland Nepali Community blood drive event was jointly hosted by Nepali American Center, Chicago Nepali Friendship Society, Chicagoland Tharu Society, and Newa American Dabu in association with the Blood Donors of America on Saturday September 20, 2014. The blood drive successfully collected 30 pint of blood from 30 wonderful donors. This will help save 90 beautiful lives in need. Organizers of this event like to express their deep gratitude to all the donors as well as others who wanted to donate but could not. They also like to thank the young volunteers for their service to the community. Among the highlights were Saban Chaudhari, a 16 yr old high schooler who needed permission from his parents, Diptika Khanal, who donated for the first time and several young Nepali middle and high school children volunteering to facilitate the event. Blood Donors of America distributed free t-shirts to all donors and volunteers. Similarly, Red Cross Society also distributed free t-shirts, snacks and soft drinks. Nepali social organization members provided additional soft drinks, fruits, samosa, cookies, etc. Everyone who came to the event enjoyed it thoroughly for the opportunity to serve and become a contributing member of the American society.



A Historic Blood Drive in the Big Apple

A historic blood drive was hosted by 32 Nepali organizations in New York area. Although a total of 137 volunteered for donating their blood, only 77 persons could actually do so. The amount of blood collected could save up to 231 lives in need. This historic success was made possible by the dynamic leadership of the state coordinator of New York, Mr. Nima Sherpa and his team, all the representatives of 32 organizations, and, most importantly, all the blood donors. We thank them all for their great work and selfless service to the cause of humanity. Hats off to NIMA jee and his entire team for the exceptional work and dedication for heightening community service through Blood Donors of America. Feel free to contact him and get ideas on how he could garner huge support from so many Nepali organizations. Blood Donors of America is truly proud of the NY State Coordination Committee.



Hearty Congratulations!

Congratulations to Rajendra K Khatiwada, Life Member of BDA for being elected as the ad hoc President of Americas Federation of Nepali Association (AFNO). Best wishes for him and his team's successful tenure.

We also congratulate BDA life members and dignitaries for being elected to ANMA executive body for a period of two years (2014-2016). We wish them all highly successful tenures.

Sushil Sharma, President
 Bala Ghimire, Vice President
 Bharat Kandel, General Secretary
 Dr. Bishnu Phuyal, Treasurer

Congratulations to BDA executive member Dr. Suresh Sharma and Uma Poudel, Ohio, on having a beautiful baby daughter. A warm welcome to the new baby!

"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy." — Rabindranath Tagore

A Mini Blood Drive in Delvarva, DE



A mini blood drive was accomplished on 27, Sep, 2014 at Delvarva Blood Bank, Delvarva, DE. Although close to a dozen willing volunteers were interested in donating their life blood, only some could. After the screening test, several people were unable to donate because of their recent travel abroad. However, these willing volunteers would surely donate blood once that lag time is over. Furthermore, the event itself has created an awareness in Nepali community. Regardless, BDA would like to extend its appreciation to all the donors who could and those who were willing but could not. They surely would get their blood turn next time around. Many many thanks to Dr. Lekh Nath Paudel for organizing the mini blood drive.

A Big Thank You

Blood Donors of America would like to extend its heartfelt thanks and appreciation to the sponsors of BDA Poetry Competition 2014 held in Denver, CO.

Haveli Indian Cuisine (Marietta), GA \$100.00
 Sitar Restaurant (Alpharetta), GA \$100.00
 Himalayan Spice (Atlanta), GA \$100.00
 Ajaya Satyal, State Coordinator, BDA Florida, \$50.00
 Dr. Prabhat Pokhrel, Executive Member, \$50.00



Every Help and Generosity Counts

Blood Donors of America initiated a Urmila Luitel Medical Fund for helping her treatment, among us Urmila Luitel, in her fight against the disease. She and her husband, Narayan Luitel, are regular blood donors. They live in NC. BDA would like to extend sincere appreciation and a big thank to all generous donors who contributed to the fund, while also requesting many other big hearted donors to do the same. Let us send our thoughts and prayers for her quick and successful recovery.

Donors	Amount
Ananta Acharya	\$10.00
Bijaya Kattel	\$20.00
Bob Gerzoff	\$50.00
Choodamani Khanal	\$15.00
Dron Gauchan	\$20.00
Everest LLC	\$20.00
Lila Karki	\$25.00
Lila Raj Dhahal	\$25.00
Manish Das	\$50.00
Ram & Sangita Dongol	\$20.00
Shailesh Pokhrel	\$25.00
Uma Karki	\$10.00
Total	\$290.00



We kindly request all of you to become life members of Blood Donors of America by using following link:

<http://blooddonorsofamerica.org> The life membership fee for first person of any family is \$100.00 and is \$20.00 each per additional family member .

Happy Deepawali and Chhath

Blood Donors of America wishes a wonderful, happy, and prosperous Deepawali and Chhath to every Nepali homes and communities living across the globe. May the two occasions bring you greater success, peace of mind, and happiness in all your endeavors.



Our Mission

Non-profit, non-religious, and non-political 501 (c) (3) organization dedicated to work on community services including, but not limited to: Hosting blood drives in the local community, creating awareness on blood donation, and healthy living in all 50 states in the USA and around the world. — Blood Donors of America



We kindly request all of you to become life members of Blood Donors of America by using following ink: <http://blooddonorsofamerica.org>

The life membership fee for first person of any family is \$100.00 and is \$50.00 each per additional family member.

OUR CONTACT INFORMATION

Please send your articles, information, feedback and any comments on the following address.

Emails: blooddonorsofamerica@gmail.com, info@blooddonorsofamerica.org

You may visit us at:

<http://blooddonorsofamerica.org/>

<https://www.facebook.com/blooddonorsof.america.5?fref=ts>





Editorial corner

First thing that comes to our mind and vision when thinking of blood donation is the needle, the plastic tubing, the blood itself in a bag, and you lying on a stretcher kind of thing. What turns us away from committing the act is probably the image of the needle in our arm and the fear of something actually happening. Many of us have that in built, psychological fear that prevents us from realizing the fact that it is just a tiny poke and that it goes away as soon as the actual poking. However, the real experience of donating the blood is far more satisfying or even gratifying. What most say is that the slight initial pinch is nothing in comparison to the feeling of accomplishment they get at the end of a successful donation. I had the exact same feeling when I donated my blood for the first time about 25 years ago and doubt it very much you will have a different one. While this is entirely true the first time, it remains the same after each subsequent donation.

The act of donation is pious, donating your own blood even more so. And the blood we donate can potentially save three other lives is amazing. How wonderful it is if that the blood we have just donated would have otherwise been wasted? Further, we don't need to do anything extra special to get it back. Plasma gets replenished usually within 24 hours, while the red cells need approximately 6 weeks for complete replacement. While this provides us a great opportunity to donate our blood every two months, it would be really great if each of us can call ourselves a multiple time donor.

With the holiday season approaching, let's gear our community also in the act of donating. It is more important considering blood donation often declines between Thanksgiving and New Year's Day as people become busy with holiday festivities. Donors are needed in the weeks leading up to the winter holidays to help prevent these seasonal declines. Let's do our part in maintain a stable blood supply. Go Blood Donors of America go.

Ramesh Khanal, Ph.D.

www.BoodDonorsOfAmerica.org

Your brain/contribution, our space

Please help us spread the message by sending your items, be they poems, essays, short articles, blood drives and related photos, society news and views, or anything else in this regard to the editorial committee at info@BloodDonorsOfAmerica.org

Upcoming blood drives: Iowa and Florida during the month of October, 2014. Please contact state coordinator Sanjay Shrestha at shrestha.sanjay@outlook.com and Ajaya Satyal at ajaya_satyal@hotmail.com or anyone around you, who you may know further details about the events.

Most people have blood to spare... yet, there is still not enough to go around. Most people don't think they'll ever need blood, but many do. You will help ensure blood is available when needed. You could help save more than one life with just one donation. So, please come forward and contribute to this great cause by donating your blood which would otherwise be replaced anyway. Who knows that blood may be used for you or your own family one day.

Editorial Committee:

Dr. Ramesh Khanal, WI
Dr. Gandhi Raj Bhattarai, CT
Dr. Tilak Shrestha, AL
Mr. Hem Sharma Paudel, KY
Mr. Lila (Leel) Shrestha, TX

Welcome to our Entrepreneurs

Committee Chair

Madhav Mainali

We wish him a successful tenure to make BDA grow bigger and stronger

