

COMPASSION

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BLOOD DONATION AND SCIENCE

Scientist Albert Einstein states, “The worth of a man resides in what he gives and not in what the man is capable of receiving.” This snippet is enough to message the power of donation to those who can internalize the meaning and determine the path to act likewise. In other words, life in one sense is to give rather than receiving from others. On top of that donating life line fluid, the blood, and saving precious human life is beyond comparison with any other forms of donation. In short, serving people in need is a unique way helping others as stated by Laxmi Prasad Devkota, the great poet of Nepal. “Tuladan” in Hindu culture has been practiced for a long time encouraging people to donate more for the cause of better school, roads, health centers, and temples with objectives to provide unbiased public services.

In fact, blood donation is a duty of everyone to constitute a community filled with respect, humanity and values. Pam Henry invites donors with stress that “by donating, you will also be supporting your own community and literally saving lives with every pint donated.” Still many qualified individuals simply ignore blood donation because they do not care it. The published literatures suggest that the avoidance of donation is mainly because of anxiety and fear caused by the needle prick. However, every one in need of blood looks for a healthy pint of blood to be infused in. Since blood donation usually requires a determined mind, and advance preparation, everybody in the community is expected to prepare for their solidarity in saving life as mentioned by Ibrahim Hooper that “making a donation is the ultimate sign of solidarity. Actions speak louder than words.”

Blood donation is not only a matter of motivation simply because of tangible emotional reasons but also a habit to establish and maintain for a quality life. Ironically, a donor enjoys healthier and happier life than a non-donor. The modern paradigm shift of life style from physical work to more mental and desk work, excessive driving to move from place to place rather, lesser physical exercise due to busy and competitive life pattern, and even change in food habits from fresh food to processed one is urging us to develop a habit of blood donation. In addition, like other materials in the universe, blood has also a half-life and gets destroyed inside the body even if is not donated.



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The donor receives confidential information from the blood bank if any error is observed in his donated blood and that opportunity allows him to see his primary doctor for appropriate treatment before his health condition goes down. Moreover, regular blood donation helps to cut down the excessive amount of glucose, cholesterol, iron and even weight loss. In turn, it reduces the chances of heart attack in adult male donors as suggested by peer reviewed paper.



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In the context of this background, if one develops a habit of blood donation and regularly visits blood donation center, he will get mini-medical screening tests for free of cost, which could be tremendous help for healthy life. One needs to pass the prescreening tests to be eligible to donate blood that involves physical examinations such as blood pressure, hemoglobin, body temperature, and compatible past health history. These examinations are basic to know deviations in normal physiology or health, if any. One can only be qualified for the donation if all parameters mentioned above fall under normal ranges.

The health screening of a donor further extends because of a definite types of laboratory tests in the donated blood. When a donor passes all prescreening tests with successful health history, his blood is drawn. However, before transfusing the collected blood to a recipient, the blood samples are subjected against 14 different diseases including life threatening such as HIV for its quality and health. The donor receives confidential information from the blood bank if any error is observed in his donated blood and that opportunity allows him to see his primary doctor for appropriate treatment before his health condition goes down. Moreover, regular blood donation helps to cut down the excessive amount of glucose, cholesterol, iron and even weight loss. In turn, it reduces the chances of heart attack in adult male donors as suggested by peer reviewed paper.

Happy life is considered to be the primary reason of long and healthy life. Scientists explain stimulation of parasympathetic nervous system helps reducing anxiety and stress. There are several methods listed to activate parasympathetic stimulation, such as spending time in nature, getting body massage, doing yoga, deep breathing, meditation, playing with kids and animals, etc. Doing these activities or having

similar exercises makes people happy and relaxed. Donation, of course, is one of them that helps keep people happy. In other words, it alleviates stress. Managing stresses is very important for a personal healthy life.

All kinds of donations and helping people in need makes everybody happy and relaxed. On top of them, blood donation is very unique and special that makes a deep impression to remain happy. All donors gain positive thought having an opportunity to make contributions to their community. Thus helping others in need is a means of reducing stress and a way to live happy life. The similar experience has been said by Floridian John Sheppard, who is 87 years-old lifelong blood donor and an honorary member of Blood Donors of America (BDA). John wants to pass this powerful message of blood donation and its direct impact on human life on to the next generation.

Thus, spreading message regarding blood donation and supporting it is a duty of everyone in the community. To ignite a lamp of integrity, dedication, selflessness, service with a powerful message of blood donation and to create a donor community with unity, charitable organizations like BDA have been established. From the establishment of BDA in 2009, BDA has been able to create awareness and motivation among thousands people through countless events inside the US and beyond. BDA has successfully completed the first and second national conventions in Dallas (2016) and Atlanta (2018), respectively. It is also noteworthy to mention that the largest records in blood donation have been registered by BDA in support of Dallas based other social community organizations several times in the past. The details of BDA can be reached at <http://blooddonorsofamerica.org/> and everyone is warmly welcome to join this humanitarian work through this highly prestigious organization.

ABOUT THE WRITER

Dr. Nanda Regmi, a Senior Research Scientist in the University of Texas Southwestern (UTSW) Medical Center at Dallas, TX, a world class university of this age. A first veterinary graduate of Nepal, Dr. Regmi received his Ph.D. from Tokyo University of Agriculture and Technology, Tokyo, Japan in pharmacology and completed his postdoctoral training in UTSW with internationally recognized scientists. Dr. Regmi also served Nepal government in multiple capacities such as assistant professor of Tribhuvan University and Veterinary Officer of Livestock Services. Dr. Regmi has been recognized with numerous awards, honors and memberships of different professional organizations.

In addition, Dr. Regmi is also known for his philanthropic contributions, as being the first

elected president of Blood Donors of America (BDA), a charitable organization. BDA, highly prestigious organization holds members like the Guinness book record holder in whole blood donation, Mr. John Sheppard. Dr. Regmi is also a life member of International Nepali Literary Society a founder member of Nepalese Cultural and Spiritual Center; and a founding member and a member of board of trustees of Indreni Cultural Association of Dallas, TX. Dr. Regmi is listed as one of the outstanding biomedical scientists and philanthropists in the USA by a book "Nepali WHO IS WHO IN THE USA, 2019".

Dr. Regmi bags versatile experiences of research, teaching, and highly integrated community services. He lives with his family of four in Coppell, Dallas, TX and can be reached at nandaregmi@yahoo.com

Rheumatology

Rosy Rajbhandary, M.D.

Rheumatologist Rosy Rajbhandary, M.D., diagnoses and treats adults with disorders that affect joints, tendons, ligaments, connective tissue, and bones, including:

- Arthritis
- Lupus
- Fibromyalgia
- Gout
- Vasculitis
- Osteoporosis
- Carpal tunnel syndrome
- Musculoskeletal pain

She also sees children with rheumatic disease while in transition to see a pediatric rheumatologist. She welcomes new patients and accepts most insurance plans, including Medicare and Medicaid.

“Growing up, I saw my mother suffer with crippling rheumatoid arthritis, so I've dedicated my career to helping those who suffer from these conditions,” explained Dr. Rajbhandary. “Listening carefully to my patients allows me to reach an accurate diagnosis and to bring relief.”

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