I. **Attention:** HIV/AIDS, Hepatitis, Malaria, Syphilis, Typhoid fever, Chaga’s disease, and West Nile Virus. What comes to your mind when you hear a list of diseases like that? For me, these are just some of the potential diseases that are associated with Blood transfusions. **Need:** Today, I’m going to talk about the negative affects of blood transfusions and the benefits of bloodless surgery. First I will start by discussing some of the dangers of blood transfusions and statistics associated with transfusions, second; I will introduce some of the alternatives to transfusions, and lastly some of the benefits from abstaining from blood.

II. **Satisfaction Step:** Once you are given a unit of blood your likelihood of acquiring a post-operative infection or disease, rapidly increases. Things such as chronic illnesses, cancer of liver and other areas of the body, Lyme disease, and even just not feeling good all in addition to the various diseases that I mentioned at the outset.

A. 
1 out of 913,000 blood units is tainted with HIV. 1 out of 103,000 is tainted with Hepatitis C. 1 out of 60,000 is infected with Hepatitis B. With every 1-3,000 blood transfusions there is a death.

B. According to the 12/24/2005 article in Science News (a scholarly source) vol. 168 Issue 26/27, p417. “Transfused patients had nearly twice as great risk of heart attack and four times as great risk of kidney failure as non-transfused patients did”. Also brought out that, “Transfusions appeared to add 2.5 days to the average hospital stay”.

C. According to the (NIH) National Institute of Health. “Approximately 1 in 100 transfusions are accompanied by fever, chills, or hives… approximately 1 in 6,000 red cell transfusions results in a hemolytic transfusion reaction… which may result in kidney failure, shock, intravascular coagulation and even death.”

D. According to The British Journal of Surgery, “the risk of post-operative infection increases progressively with the number of units of blood given.” So basically, the more blood units that you accept within a given surgery, the more likely you are to get an infection after the surgery.
E. Obviously from considering some of these statistics, it is relatively easy to see that blood transfusions are in no way 100% safe. As well as see that even if you are not contracted with any disease, the post-operative re-coop time is greatly increased, which if you have ever been in a hospital, is not a good thing.

Transition: Now that you are somewhat familiar with various negatives and complications that can occur from obtaining a unit of blood. I will now introduce some blood alternatives. Proven methods of surgery that can not only save your live at the moment but also prevent future disease.

III. Satisfaction Step: Over the years the medical field has been able to develop fascinating equipment and surgical strategies that are able to negate the need for substances such as blood.

A. When attempting to have a surgical procedure without the use of blood. There are 4 main areas of interest. 1) Minimize blood loss.

   1. This can be done by careful surgery by your surgeon. Electrocautery is a great tool that can be used in the place of a scalpel, which greatly reduces the amount of blood loss, because it cauterizes the incision instantly.

   2. Other treatments which include topical applications as well as a Fibrin Glue Pad.

B. 2) Conserve Red Blood Cells. In order to this, many other liquids are substituted in the body to dilute the concentration of blood but still maintain a constant volume. Therefore when you do loose blood it isn’t as concentrated as it otherwise would have been.

C. 3) Stimulate Blood Production. This can be accomplished by taking various medications. Most popular being a natural hormone known as “Epoetin”. This allows your body to create more blood, by stimulating various bone marrows.

D. 4) Recover Lost Blood. Various machines are available that provide a function known as cell salvage or cell saving.

   1. Basically this means that any blood loss that you may lose due to the surgery, is collected cleaned and then brought back into your body. So any possible blood loss is negated and reused.
Transition: Without a doubt, there are various methods which can be used to limit or eliminate the need of blood within surgical procedures. But is there a risk in NOT accepting blood?

IV. Satisfaction Step: Besides avoiding various blood related dangers. There are actually comforting benefits of refusing blood.

A. By not accepting a blood transfusion you are making it impossible to contract blood related diseases such as HIV/AIDS, Hepatitis A, B, or C, West Nile Virus and a plethora of other diseases, within that given surgery.

B. When you refuse to take a blood transfusion, you are eliminating a foreign substance into your body. This means, a faster recuperating time, as well as negating the need for additional medication which is usually supplied to those that have undergone a transfusion. Less recoup time, less medicine, means you are going to feel better faster.

C. Even various M.D. s from around the country have contributed to denying some of the fallacies that surround blood transfusions.

1. From the video “No Blood-Medicine Meets the Challenge”. Dr. Aryeu Shander, Chief of Anesthesiology and Critical Care in Englewood Hospital in Newark, New Jersey; said this “To say that one has died because of refusal of blood, is a very general misleading statement”.

2. In the same video, Dr. Hooshang Bolloki, Professor of Cardiothoracic Surgery at Jackson Memorial Hospital in Florida. He has operated on over 200 patients all which who have refused transfusions, none of which have had complications or died as result.

D. There has been no information or study that has proven that not acquiring a transfusion can be detrimental to ones health; but there has however been an overwhelming amount of information that has proven blood transfusions to be detrimental to a person’s health, in one degree or another.

Action: The next time that either you or someone you know is facing a surgical procedure, why not consider your alternatives and educate yourself on treatments and surgeries that do not involve the use of blood. It’s a decision that has the potential of keeping you disease free, and aiding you in having a productive healthy future.
Bibliography


Video “No Blood-Medicine Meets the Challenge” Watch Tower Bible and Tract Society. 2001