



NEWSLETTER

ARROW BONE MARROW TRANSPLANT FOUNDATION INC.

Issue 2, 2005

Registered Charity No. CFN 101 84
Incorporated in NSW

Registered Office: 16 Leichhardt Street, Darlinghurst, 2010 Phone: (02) 8382 2698 Fax: (02) 9360 7975

PRESIDENT'S REPORT

TIM CAMPBELL FROM "HOME AND AWAY" RUNS AWAY WITH THE ARROW MASQUERADE BALL

Tim Campbell from "Home and Away" performed to a dazzling array of masked revelers who attended the Arrow Masquerade Ball held at Cranbrook School on Saturday 25th June 2005.

Initially asked to officiate as the Master of Ceremonies, Tim Campbell, with the music of "Frank McQuade and the Kings of Swing", soon became the star attraction as he charmed his way into the hearts and pockets of all in attendance. Tim asked that everyone dig deep for charity and they certainly did.

Mark O'Hara, the Facilities Manager of Cranbrook School, good naturedly allowed his "Services as a Qualified Carpenter for a Day" to be auctioned off for charity, and raised the highest amount of money for a single auction item for the evening.

Tim Campbell then teamed with performer John Rowe, and ensured that all in attendance enjoyed a night full of fun and entertainment, raising much needed funds to continue the work of the Arrow Bone Marrow Transplant Foundation Inc.



Tim Campbell from "Home and Away" looking on while Caroline Kessler, The Race Director of the "Hawkesbury Canoe Classic" prepares to draw the raffle prize.

THE ARROW BONE MARROW TRANSPLANT FOUNDATION INC. BALL COMMITTEE 2005

Mark O'Hara - Chairman
Jodie Beane
Megan Odgers
Diane Eden
Jane Lampitsi
Steven Wentworth



Kerri Heazlett, President of the Hawkesbury Canoe Classic, with the Winner of the "Best Dressed Female Award"

see inside for more photos from a memorable night

Upcoming Events

"LIGHT THE NIGHT"

A star-studded benefit concert to raise money for the Arrow Foundation will be held in November, details to follow in the September newsletter or on www.arrow.org.au



The Hawkesbury Canoe Classic

The overnight canoe marathon conducted by the Hawkesbury Canoe Classic Association Inc.

22nd & 23rd October 2005

Infoline: 1300 853 541 or email: info@canoeclassic.asn.au www.canoeclassic.com.au

CHECK OUR WEBSITE WWW.ARROW.ORG.AU FOR UPDATES



A BIG THANK YOU TO OUR 2005 MASQUERADE BALL SPONSORS

- Absolute Photography Bondi Junction
- A.C.P Publishing Pty Ltd
- Andrea Connolly Hairdressing Double Bay
- Anthony Laperi Hairdressing Crows Nest
- Big Bell Farm Kangaroo Valley
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- Calibre Bondi Junction
- Cancer Council Shop Bondi Junction
- Captain Cook Cruises
- Carla Zampatti
- Carlton United
- CaterCare
- Chabara Cottage Mudgee
- Coca Cola Amatil
- Cranbrook School
- Cue Clothing Co
- David & Michelle Namchong
- Dendy Theatre
- Gary Steer Photography
- Gasweld Discount Tool Centre Penrith
- Global Qi Alliance
- Halt Hair
- Hawkesbury Canoe Classic
- Heidi & Brent Fisse
- Parents and Friends of Katherine Robertson
- Sanctum Skincare
- SanctumDirect.com
- Ensemble Theatre Kirribilli
- Five way Collars
- Frank McQuade
- Forty One Restaurant Chieffy Square
- Halt Hair & Beauty Surrey Hills
- Herbie's Spices Rozelle
- House Bondi Junction
- Jason Moss Jewellers
- John Rowe
- Karen Millen Bondi Junction
- Kitepower
- Kings of Swing Big Band
- Leah's Wax Works Bondi Junction
- Leona Edmiston Boutiques
- Luna Park Milson's Point
- Mark O'Hara - Carpenter
- Marion Max
- Muzzaluna Potts Point
- Musica Viva Australia
- Oz Jet Boating
- Pancakes On The Rocks
- Penrith Whitewater
- Peppers Anchorage Port Stephens
- Perfect Positions Bondi Junction
- Powerhouse Museum
- Pumpkin Patch Bondi Junction
- Random House Australia
- Revlon Australia
- Shelta Umbrellas
- Silva Guanta Boutique Double Bay
- Sticky Shop Bondi Junction
- Swiss-Grand Resort & Spa Bondi Beach
- Swissotel Sydney on Market Street
- Sydney City Facials Macquarie St. Sydney
- Sydney Symphony
- The Australian Museum
- The Sydney Boulevard Hotel
- Tim Campbell (from Home and Away)
- Zoological Parks Board of NSW



The 'Sale' of Mark O'Hara



Above: "Enjoying a cheeky moment".



*Above Left: Frank McQuade
Above Right: "The Kings of Swing" Big Band*



Mark O'Hara addressing the attendees



Heidi Fisse - Vice President of Arrow and friends.



Above: Pick me, pick me!!!!

Arrow now has a new look to our website. To find out more, go to www.arrow.org.au.

Arrow would like to express our sincere appreciation to Greg Corrigan of Tankstream for his part in the construction of our new website.

COMMONLY ASKED QUESTIONS ABOUT BLOOD TRANSFUSION

by Annabel Horne

Nurse Consultant / Transplant Coordinator,
St. Vincents Hospital

INTRODUCTION

When undergoing treatment for a blood disease many patients will require a blood or platelet transfusion. It is important for patients and families to gain an understanding of why they may need a transfusion and to understand the risks and benefits involved.

WHAT IS BLOOD ?

Blood is a red liquid, pumped around the body by the heart. It performs a number of vital functions. It can be described as a liquid connective tissue. It is made up of plasma and formed cellular elements. These cellular elements are red cells (erythrocytes), white cells (leucocytes) and platelets; they comprise around 45% of the total blood volume and are suspended in plasma. The plasma is made up of water, plasma proteins, and blood clotting factors, antibodies, nutrients and other solutes including the electrolytes. Plasma accounts for the remaining 55% of the total blood volume.

WHAT DOES BLOOD ACTUALLY DO?

Transportation, regulation, haemostasis, inflammation and immunity are vital functions of blood. Blood acts as a transport system for oxygen, carbon dioxide, nutrients, hormones, enzymes and metabolic waste. It regulates fluid, electrolyte and acid base balance. Platelets, plasma proteins and other chemicals play a role in clot formation and breakdown. These help to ensure haemostasis i.e. the prevention of blood loss. This three-step process involves blood vessels, platelets and the overall process of blood clotting. Inflammation and immune responses occur as a result of interaction between white cells and plasma proteins. These provide protection against invasion by microbes and toxins. Blood is thicker, denser and more adhesive than water. It flows 4 to 5 times more slowly than water. This comparative resistance to flow is referred to as viscosity. The higher the number of red cells and blood proteins, the greater the viscosity and slower the flow.

HISTORY OF THE BLOOD GROUP SYSTEM

At beginning of the twentieth century the pathologist Karl Landsteiner isolated two distinct antigens on the surface of red cells.

These antigens are now referred to as A and B blood group antigens or agglutinogens. When mixed with incompatible blood these agglutinogens cause red cell clumping.

Based on which agglutinogens (if any) are on the surface of a persons red cells Landsteiner established four blood groups: A, B, AB and O. Despite the fact that over twenty different blood group systems have been identified Landsteiner's ABO system remains the most clinically significant. Forty years after Landsteiner's original research his colleague Weiner was the first researcher to identify the Rhesus factor as important in blood grouping. The Rhesus factor was named after the monkeys it was first discovered in. There are six erythrocyte antigens in the Rhesus system. The most important of these, in the production of antibodies is D. If Rhesus positive blood is given to a Rhesus negative person there will be no initial adverse reaction. However, antibodies may form in the plasma over several weeks or months and if another Rhesus positive transfusion is given the newly formed antibodies will destroy the transfused red cells. These antibodies can also lead to haemolytic disease of the newborn.

WHERE IN THE BODY IS BLOOD MADE?

The process by which blood cells are made is known as haematopoiesis. It takes place in the bone marrow, which is the spongy tissue in the middle of bones. In simple terms, the bone marrow produces red cells, platelets and white cells. The white cells can be further divided into T cell and B cell lymphocytes, granulocytes and monocytes. The growth and development of all these cell types is carefully regulated to ensure that the body's blood (and all other) systems function normally.

WHAT CAUSES THE NEED FOR BLOOD TRANSFUSION?

For most haematology and bone marrow transplant patients the need for blood or platelet transfusion is caused either by the disease process or the treatment. For patients with leukaemia the abnormal white cells crowd out the normal red cells causing anaemia and/or thrombocytopenia and the need for transfusions. Chemotherapy and radiotherapy can both affect the marrow causing a temporary drop in the production of normal red cells and platelets which may lead to transfusion requirements.

(Continued overpage)

Australian Red Cross **BLOOD SERVICE**

BLOOD DONORS NEEDED

The Australian Red Cross Blood Service needs blood donors. Many of you will have been touched by the generosity of blood donors as 80% of us will need blood at some stage in our lives. Also, 30% of all blood donated is used to help cancer patients.

With collection centers all across the nation it has never been easier to help save lives.

Masquerade Ball Raffle Winners 2005

Thank you to all our friends and supporters who assisted us in our fundraising by purchasing a raffle ticket. The raffle was drawn at the Arrow Masquerade Ball Saturday 25th June at Cranbrook School.

And the winners were:

1st Prize:

Travel Voucher to the Value of \$3,000 partly sponsored by Flight Centre Double Bay, 326 New South Head Road, Double Bay. 2028 Ph: 9327 2011

Ticket Number: 35143

Maureen Hobson of Newcomb VIC

2nd Prize:

Mini IPOD valued at \$399

Ticket Number: 34652 -

M. Green of Manning WA

3rd Prize: 2 Bridge Climb Vouchers

valued at \$320, kindly donated by Bridge Climb Sydney

Ticket Number: 38107

A. Sara of Griffith NSW

COMMONLY ASKED QUESTIONS ABOUT BLOOD TRANSFUSION (Continued from page 2)

WHAT ARE THE RISKS INVOLVED IN HAVING A TRANSFUSION?

Your doctor will only advise you to have a transfusion if s/he believes the risk of not having the transfusion is greater than the risk of having the transfusion. All blood donors are thoroughly tested for viral disease and infection every single time they donate blood. People considered at high risk for contracting HIV and Hepatitis are asked not to donate blood.

Other risks involved in having a blood transfusion are allergic type symptoms such as fever and chills. To avoid any reaction the blood for transfusion is "cross matched" with a sample of your own blood. At the time of transfusion the nurse or doctor administering the blood will double check it with a colleague and ask you to verify your identity in addition to checking your hospital wristband. For the initial hour of the transfusion you will be closely observed for signs of any reaction.

ALTERNATIVES TO BLOOD TRANSFUSION

For patients with a blood disease there is not usually an alternative to blood transfusion. Blood is a precious resource and you will not be given a blood transfusion unless your doctor believes it is necessary. Your doctor will discuss the benefits and possible side effects of transfusion and explain the likely outcome if you choose not to have a

transfusion. In an emergency there is not always time to consult the patient or care before a transfusion. The reason for the transfusion can be discussed when you are recovering.

WHAT TESTS WILL I NEED ?

Two blood tests are taken before a transfusion. A full blood count determines your haemoglobin, white cell and platelet level. A crossmatch sample determines your blood group and ensures suitable blood is selected for your transfusion. The results of these tests are usually available within 2 hours, so if your crossmatch sample is sent to the lab at 8:30 am your transfusion will be ready at about 10:30 am. Each unit of blood takes about 3 hours to transfuse. A crossmatch sample is not always required before a platelet transfusion. Wherever possible you (or your carer) will be involved in the decision to have a blood or platelet transfusion.

SUMMARY

Remember that blood transfusion is much safer than many activities we participate in every day such as driving a car. In Australia and worldwide organizations like Red Cross are always working towards maintaining a safe blood supply for the community. All hospitals have strict protocols for the administration of blood to avoid transfusion errors. Overall blood transfusion is a safe medical procedure.

BEING A VOLUNTEER IS REWARDING

Become a volunteer with the Arrow Bone Marrow Transplant Foundation, and not only assist us in our quest for a cure, but have fun along the way. Volunteers are currently required for :

- Newsletter Sub Committee
- The 2006 Arrow Masquerade Ball

New ideas are always welcome.

Please complete the following and return it to:

The Communications Officer, Arrow Bone Marrow Transplant Foundation.

16 Leichhardt Street Darlinghurst, NSW 2010 **Phone: (02) 8382 2698 Fax: (02) 9360 7975**

Email: jlampitsi@arrow.org.au

I would like to become a volunteer. Please let me know what this would involve.

I would like to assist with Fundraising

Name: _____ Address: _____ Post Code _____

Phone: (H) _____ (W) _____ Mobile: _____ E-mail: _____

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