



十分支持「多個人捐血、救多幾個人」的口號  
I'm very supportive of the call "more blood more life".



盡一分力發一點光是我的座右銘  
My motto is to do my bit to shine a light.



捐骨髓不會出現副作用及後遺症  
Bone marrow donation has no side effects or lasting impacts.

## 共同成长

「石中能取血，何需向君求」是香港紅十字會輸血服務中心於八十年代的宣傳口號，驅使我加入捐血者的行列！

早在讀書時已明白血液沒有替代品，故從小已很想踏出捐血的第一步，但卻遭受家人反對。機會終於來了，在一九九三年十月十三日途經尖沙咀捐血站時，我鼓起勇氣嘗試捐血並登記成為骨髓捐贈者。捐血過程很順利，可惜沒有攜帶相機，否則必定要求職員讓我與「第一包血」合照。為支持「捐血助人」理念，我經常鼓勵家人、朋友、同事參與捐血。至二零零五年時，我獲邀參加週年捐血頒獎典禮，每次當看見頸頭上的二十五次紀念章時，我都曾許下在有生之年繼續參與捐血的承諾，盡一分力發一點光！

二零零六年是充滿意義的，九月十二日接獲香港骨髓捐贈者資料庫通知，一位病人的白血球組織型與我吻合，經再三覆檢後，可以捐贈骨髓。最後從職員處得知受贈者是一位小孩，稍感安慰的是她並非患上癌症，但骨髓移植卻是唯一治療方法！由於顧及家人疑慮，我向醫生了解詳情，隨後發現捐骨髓不會出現副作用及後遺症，更不需要縫針及留有疤痕，最終落實決定。手術定於十二月進行，這段期間我更注意時飲食及休息，以最優良體質迎接手術。從資料中得知非血緣關係的白血球組織型吻合機會只有五千至一萬分之一，相信我與這位小孩是十分有緣。終於在二零一一年香港骨髓捐贈基金成立二十週年的活動上與她相見，原來她是個十一歲的小女孩，我衷心希望她可以永遠健康、快樂及幸福。

在進行骨髓移植手術時，遇上一位擁有三百多次捐血記錄的熱心醫生，他鼓勵我參與成份捐血，為不負所託我於二零零八年開始到總部捐血站捐贈成份血。隨後，經職員的邀請成為義工利用餘暇時間服務社群。

我希望有更多市民認識到捐血可以幫助病人，正如二零一一年份的宣傳口號：「多個人捐血、救多幾個人」。最後要多謝所有香港紅十字會輸血服務中心的員工，你們的努力惠及整個社會！

## Growing together

"We can't get blood from a stone, please give a little of yours!" This old promotion slogan of the Hong Kong Red Cross Blood Transfusion Service from the 1980s was what drove me to join the ranks of blood donors!

I knew there is no substitute for blood when I was a pupil, so I have always wanted to be a blood donor since a very young age. But my family was against it. My chance finally came on October 13, 1993, as I walked past the TsimShaTsui Donor Centre, I plucked up the courage and completed my first blood donation. I also registered as a bone marrow donor. It all went very smoothly, but it was a shame that I didn't have my camera with me, or I would have asked the staff to take a picture of me with my first packet of blood. I also encouraged my family, friends and colleagues to join me to give blood and save lives. In 2005, I was invited to the Annual Donor Award Ceremony. Every time I see my 25-time Donor Award, I pledge to do my bit for others by donating blood regularly for the rest of my life!

2006 was a very meaningful year for me. On September 12 that year, I got a call from the Hong Kong Bone Marrow Donor Registry, telling me that my white blood cell tissue matched with one of the patients. And after thorough review, I was told that I could donate my bone marrow to help her. I found out from the staff that the recipient was a young girl. It gave me some comforts to learn that she didn't suffer from cancer, but her disease could only be treated by bone marrow transplant. My family was quite concerned about the operation, but after the doctor told me that there wouldn't be any side effects or lasting impacts, nor would there be any scars or stitches, I made up my mind to donate my bone marrow. The operation was scheduled for December that year, during the interim months, I maintained a regular diet and rest routine so I could take the operation in the best possible shape. I found out later that between unrelated people, the chance of finding a match in white blood cell tissue is only 1/5000 to 1/10000, so it must have been our destiny. I finally met with the recipient, an 11-year-old girl, on the 25th anniversary celebration of the Hong Kong Bone Marrow Donor Registry in 2011. I sincerely wish her health, happiness and good fortune.

During the bone marrow transplant, I met a doctor who has donated blood over 300 times. He encouraged me to be a component donor. Since 2008, I visited the headquarters of the Hong Kong Red Cross Blood Transfusion Service to donate component blood. Subsequently, I also became a volunteer helper there in my spare time.

I hope more people recognize that blood donation helps patients. As the Red Cross Blood Transfusion Service 2011 slogan says, "more blood, more life." Last but not least, I would like to thank the staff at the Hong Kong Red Cross Blood Transfusion Service for their efforts to help the entire community!

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