

Academy of Language Studies
UiTM Cawangan Pulau Pinang

e-Lingua

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*Connecting Cultures
One Word at a Time*

你好

Apa Khabar?

Bonjour

Hello

مرحبًا

Hallo

こんにちは



Celebrating a Milestone: My 100th Blood Donation

HOE FOO TERNG

ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG

January 29, 2026, was a truly memorable day for me—it marked my 100th blood donation. The milestone took place at Prai General Hospital in Penang, where I arrived at 11:40 AM and completed the process within an hour. This achievement comes 40 years after my very first donation on January 25, 1987.

My journey as a blood donor began at Lam Wah Ee Hospital, where I completed my first two donations. Later that same year, I made my third donation at Tunku Abdul Rahman College (TARUC) in Setapak while pursuing my Materials Engineering studies. From that point onward, I continued donating regularly at various government hospitals across Selangor, Kuala Lumpur, Kulim, Sungai Petani, Bukit Mertajam, and Penang Island. Among all these locations, Prai General Hospital has become the place where I have donated most frequently.

No. Donor	No. Donor	Aman	Hospital	Tempat	Time
21/01/87	4110048946	400	HSJ	26	11/01, 15-7
22/01/87	4110050744	400	HSJ	26	12/01/87, 14-9
23/01/87	4110054342	400	HSJ	26	15/01/87, 18-9
24/01/87	4110066666	400	HSJ	26	18/01/87, 19-9
25/01/87	4110070726	400	HSJ	26	18/01/87, 18-6
21/10/87	4110075691	400	HSJ	26	12/01/87, 14-9
21/10/87	4110079814	400	HSJ	26	12/01/87, 14-9
22/01/87	4110083655	400	HSJ	26	12/01/87, 14-9
23/01/87	4110082118	400	HSJ	26	12/01/87, 14-9
24/01/87	4110095685	400	HSJ	26	12/01/87, 14-9



Over the decades, the donation process has remained fundamentally the same—each session still involves three small pricks—but the tools and methods have evolved. In the past, donors' red blood cell counts were tested using a simple beaker filled with blue liquid: if the drop of blood sank, you were cleared to donate. Today, a digital machine provides a quick and precise reading, with 13.5 considered sufficient.

The equipment used to obtain the blood sample has also advanced. The older method involved a thin metal piece with a pointed tip, whereas modern devices use a safer spring-loaded mechanism. Another improvement is the administration of an injection at the collection site to numb the area and help prevent clotting; previously, a device resembling a pump tube was used to thin the skin before medication was applied.

Despite donating 100 times, there is still something I never quite got used to—the sight of the needle used for collection. It is noticeably thicker and longer than standard medical needles, and I still prefer to look away whenever it is inserted or removed. Sometimes it hurts, sometimes it doesn't; much depends on the nurse's technique.

Looking back on this 40-year journey, I feel grateful for the opportunity to contribute to the well-being of others. I hope this milestone encourages more colleagues and community members to consider becoming regular blood donors. A single donation can make a life-changing difference.

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