

Does the Effect of Young Blood Transfusion Slow the Ageing Process? – A Case Report

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Abstract

In recent years Alzheimer's disease has received increased attention in the medical literature. One of the areas of interest has been the potential benefit of transfusions from younger individuals. We report one such case of potential benefit.

Keywords: Ageing; Young Blood

Case Report

A septuagenarian presented with decreased cognitive functions and mild memory loss. All four of his siblings expired in their 70s from *natural causes*. The expectation, based upon family history, was that he too would pass in his 70s.

Following examination for benign prostatic hypertrophy (BPH) and in preparation for a scheduled transurethral resection (TURP), he underwent a series of routine blood tests, including liver, renal and CBC; all of which were in the expected range.

Following the TURP, he experienced sufficient blood loss for his doctors to transfuse him with one unit of whole blood, obtained from a 25-year-old male.

Six months following a blood transfusion, he began showing signs of slowing of the ageing process with improved cognitive function and memory. He continued to live a healthy life for almost two decades, until at age 92, he too passed from *natural causes* without known debilitating condition.

Discussion

It has been discussed in the literature [1] that transfusion of an older person, with the blood of a younger individual, may provide some cognitive benefits to the recipient.

It is conceivable that the transfusion of blood from the younger individual may have delayed the ageing process in this gentleman; possibly due to cellular changes, which some believe could be the result of the higher stem cell content in the transfused blood.

Conclusion

Blood transfusions from younger individuals may have cognitive benefits for older people. Such benefits may be the result of stem cells in the transfusion. More information is needed to determine if this is a measurable benefit in a larger number of older individuals. If so, the question then becomes, is this the effect of the stem cells or some other phenomena?

Bibliography

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