Benefits of Blood Donation

January is National Blood Donor Month. Health benefits of donating blood include good health and reduced risk of cancer and hemochromatosis. It helps in reducing the risk of damage to the liver and pancreas. Donating blood can also help in improving cardiovascular health and reducing obesity.

KNOW THE FACTS:
- One pint of blood can save up to 3 lives!
- 43,000 pints: the amount of donated blood used each day in the U.S. and Canada.
- Someone needs blood every two seconds.
- Only 37 percent of the U.S. population is eligible to donate blood.
- A person must wait 56 days or 8 weeks between whole blood donations.

5 Million
The number of Americans that need a blood transfusion each year.

3 HEALTH BENEFITS OF DONATING BLOOD
- REDUCE THE RISK OF HEMOCHROMATOSIS, DUE TO AN EXCESS ABSORPTION OF IRON
- AIDS IN LOWERING THE RISK OF DEVELOPING CANCER
- REGULAR DONATION REDUCES THE WEIGHT OF THE DONOR

THINGS TO KNOW WHEN DONATING BLOOD
- Consult your doctor before donating blood if there are any health issues or concerns.
- It is always good to have a healthy diet weeks before the donation.
- On the day of donation, make sure you are well hydrated.
- One should wear comfortable clothes during the donation process.

SOURCE: www.brmsonline.com | 80 Iron Point Circle, Suite 200, Folsom, CA 95630