

# 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.

## 5 Million

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



### 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.

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### HEALTH BENEFITS OF DONATING BLOOD



REDUCE THE RISK OF HEMOCHROMATOSIS, DUE TO AN EXCESS ABSORPTION OF IRON



AIDES IN LOWERING THE RISK OF DEVELOPING CANCER

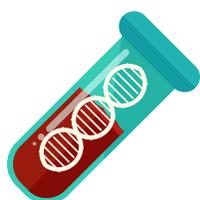


REGULAR DONATION REDUCES THE WEIGHT OF THE DONOR

TYPES OF BLOOD

**There are four main red blood cell types: A, B, AB and O.**

- Each blood type can be positive or negative for the Rh factor.
- AB is the universal recipient
- O negative is the universal donor of red blood cells.
- Nearly 21 million blood components are transfused each year in the U.S.



## 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

