

BENEFITS OF BLOOD DONATION

- Health benefits of donating blood include good health and a reduced risk of cancer and hemochromatosis. It helps in reducing the risk of damage to liver and pancreas. Donating blood may help in improving cardiovascular health and reducing obesity as well.
- Every day blood transfusions take place and save lives of many people all over the world.
- Donating blood is good for the health of donors as well as those who need it.
- Donating blood can help in treating patients suffering from cancer, bleeding disorders, chronic anemia associated with cancer, sickle cell anemia, and other hereditary blood abnormalities.
- It is important to know that human blood cannot be manufactured, people are the only source of it and that is why it is important to donate blood and help those who need it. It is also possible to store your own blood for your future needs.

- **Health Benefits Of Donating Blood**

Blood donation not only makes the receiver's life good but also helps the donor to maintain good health. The benefits are mentioned below.

- **Prevents Hemochromatosis**

Health benefits of blood donation include reduced risk of hemochromatosis. Hemochromatosis is a health condition that arises due to excess absorption of iron by the body. This may be inherited or may be caused due to alcoholism, anemia or other disorders. Regular blood donation may help in reducing iron overload. Make sure that the donor meets the standard blood donation eligibility criteria.

- **ANTI-CANCER BENEFITS**

Blood donation helps in lowering the risk of cancer. By donating blood the iron stores in the body are maintained at healthy levels. A reduction in the iron level in the body is linked with low cancer risk.

- **MAINTAINS HEALTHY HEART & LIVER**

Blood donation is beneficial in reducing the risk of heart and liver ailments caused by the iron overload in the body. Intake of iron-rich diet may increase the iron levels in the body, and since only limited proportions can be absorbed, excess iron gets stored in heart, liver, and pancreas. This, in turn, increases the risk of cirrhosis, liver failure, damage to the pancreas, and heart abnormalities like irregular heart rhythms. Blood donation helps in maintaining the iron levels and reduces the risk of various health ailments.

- **WEIGHT LOSS REGULAR BLOOD DONATION** reduces the weight of the donors. This is helpful for those who are obese and are at a higher risk of cardiovascular diseases and other health disorders. However, blood donation should not be very frequent and you may consult your doctor before donating blood to avoid any health issues.

- **STIMULATES BLOOD CELL PRODUCTION**

After donating blood, the body works to replenish the blood loss. This stimulates the production of new blood cells and, in turn, helps in maintaining good health.

BLOOD DONATION PROCESS

It is always good to plan blood donation in advance. 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, so keep drinking plenty of fluids. One should wear comfortable clothes during the donation process. In case you are undergoing any treatment or medication, it is advisable to inform the blood bank/clinic/hospital where you are donating blood.