

Benefits of donating blood

➤ Reduces Harmful Iron Stores

The removal of red blood cells by phlebotomy (or donating blood) is the preferred treatment for patients with excess iron in their blood.

➤ Reduces Chance of Heart Attacks

It's excellent for your heart to donate blood. Blood donors are 88% less likely than non-donors to get a heart attack, according to the American Journal of Epidemiology. The decrease in iron levels and the fact that blood flow is increased by donation, which reduces damage to blood vessel walls, may be related to this.

➤ Reduces Risk of Cancer

According to a study published in the journal Cancer, those who regularly donate blood have lower rates of cancer than their non-donor colleagues.

➤ Calories Burned

According to the University of California-San Diego, you can burn up to 650 calories every time you donate blood, which can help you achieve your weight loss objectives. That equates to 50 minutes of rope jumping. You shouldn't donate blood primarily for the purpose of burning a lot of calories, although it is certainly a great reward.

➤ Supports The Health Of Liver

The condition of your liver is another risk associated with iron overload. The hepatic manifestation of the metabolic syndrome, nonalcoholic fatty liver disease (NAFLD), has recently reached pandemic levels, according to the National Centre for Biotechnology Information.

- Women who experience complications during pregnancy and childbirth, children who have severe anaemia, frequently brought on by malaria or malnutrition, accident victims, surgery and cancer patients, and youngsters with severe anaemia all require blood.

Blood donation benefits everyone

The health benefits of donating blood are considerable—but of course, the most important part of the process is helping to save lives. Donating blood is good for you, and it's even better for all the people who desperately need the help.

