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| **🩸Blood Group O: Leading the Lifesaving Charge from 2006 to 2024!** |
| |  |  | | --- | --- | |  | Blood donation is a critical part of healthcare, saving countless lives every year.  **❤️ Life-saving Impact**: A single blood donation can save up to three lives.  **⏳ Constant Need**: Every two seconds, someone needs blood.  **💪 Health Benefits for Donors**: Donating blood can reduce high blood pressure and burn calories.  **🩺 Types of Donations**: Whole blood, platelets, and plasma donations serve different medical needs.  By donating blood, you contribute to a vital supply that helps save lives and supports medical treatments worldwide. If you haven’t donated before, consider becoming a donor and making a lifesaving difference!  Blood donation is a critical part of healthcare, saving countless lives every year. Here are some general tips to ensure a successful and smooth donation experience:  **“Heroes in Action: Wilayah Persekutuan, Perak, Johor, Pulau Pinang, Sabah, and Sarawak Lead the Lifesaving Blood Donation Charge!”** | |  | |