



## Blood Donation Tips

Thank you for choosing to donate! As the local provider of blood products to area hospitals, we want to provide you with tips to make your donation experience memorable.

- Get a good night's rest.
- Eat a healthy meal before donating.
- Drink plenty of fluids before and after your donation.
- Eat iron rich foods like red meat, fish, or poultry.
- Wear clothing with sleeves that can be raised above the elbow.
- RELAX!
- Enjoy refreshments immediately after donation.
- Avoid strenuous physical activity for a few hours after your donation.



## Top 10 Reasons to Donate

1. Every two seconds someone needs a blood transfusion.
2. Your one blood donation can save three local lives.
3. Studies show that donating blood just 3 times a year may lower your blood pressure; reduce your risk of a heart attack by 50%; lower chances of developing colon, lung, bladder, and esophageal cancers by 40%.
4. Excess iron actually promotes the growth of cancer in the body by producing free radicals and feeding cancer cells. Blood donation is the only practical and effective method for the removal of excess iron.
5. For men and post menopausal women with moderate excess iron accumulation, periodic blood donation may help to reduce the iron the body stores to a more healthy level.
6. The gift of blood is the gift of life. There is no substitute for human blood.
7. Only 37 percent of the U.S. population is eligible to donate blood - less than 10 percent do annually.
8. If all blood donors gave at least twice a year, it would help prevent blood shortages.
9. Since a pint is a pound, you lose a pound every time you donate blood.
10. Blood has to be donated, processed and on the shelf before it is needed.