

# Blood Donation



## WHY DONATE?

Blood cannot be manufactured and there are no alternatives. Therefore, the only way to acquire blood is through donation. The donated blood is divided into many components based on the needs of patients.



## WHO CAN DONATE?

Anyone 16 years and over (with parental permission if under 18)  
If you weigh more than 50kg  
If you are in good health.

## BENEFITS OF DONATING BLOOD



- 1. You can save up to 5 lives** – each pint donated can be used for a variety of conditions and diseases; ie. Blood loss in trauma, cancer treatments, etc.
- 2. Free mini medical check-up** – before you donate, your blood pressure, pulse and iron levels will be tested. This can sometimes shed light on issues you didn't know about.
- 3. Reduces risk of heart disease** – excessive iron build up can result in oxidative damage that can lead to increased ageing, heart attacks and strokes etc.

- 4. Burns calories** – each donation burns 660 calories – that's 2 ½ hours on a treadmill!!
- 5. Formation of new blood cells** – donating triggers the formation of new blood cells which will help to maintain good health
- 6. Weight Reduction** – you lose about 500g with each donation!



- 7. Reduces your risk of developing cancer** – studies have shown that increased amounts of iron can attribute to developing cancer
- 8. Reducing the problems related to haemochromatosis** (excessive iron in the blood)
- 9. Psychological upliftment** – you feel good psychologically knowing you are helping someone who could have died without your contribution.