WHY DONATING BLOOD IS GOOD FOR YOUR HEALTH

- The removal of oxidative iron from the body through blood donations means less iron oxidation and reduced cardiovascular diseases.
- The reduction of iron stores and iron in the body while giving blood can reduce the risk of cancer.
- A donor who regularly donates blood can lose a significant amount of weight, but it should not be thought of as a weight loss plan by any means.
- Upon donation, donors are tested for syphilis, HIV, hepatitis, and other diseases. Testing indicates whether or not you are eligible to donate based on what is found in your bloodstream. You’ll get a mini check-up.