

# Blood Donation benefits

- Blood donation not only makes the receiver's life good but also helps the donor to maintain good health.
- Regular blood donation reduces the weight of the donors. This is helpful to those who are obese and are at higher risk of cardiovascular diseases and other health disorders. However, blood donation should not be very frequent and you may consult your doctor before donating blood to avoid any health issues.
- Donating blood has benefits for your emotional and physical health. According to a report by the Mental Health Foundation, helping others can:
  - Reduce stress Health benefits of donating blood include good health and reduced risk of cancer and hemochromatosis. It helps in reducing the risk of damage to liver and pancreas. Donating blood may help in improving cardiovascular health and reducing obesity.
  - Blood donation not only makes the receiver's life good but also helps the donor to maintain good health. The health benefits of donating blood are mentioned below.
  - Regular blood donation reduces the weight of the donors. This is helpful to those who are obese and are at higher risk of cardiovascular diseases and other health disorders. However, blood donation should not be very frequent and you
    - improve your emotional well-being
    - benefit your physical health
    - Help get rid of negative feelings
    - provide a sense of belonging and reduce isolation
  - Donating blood has the power to impact up to three people who need the blood to survive. Knowing that they have made a difference to the lives of others can relieve a person's stress and make them feel mentally well or better about themselves than they did before.
  - Another benefit of donating your blood is getting your heart into tick-top shape. Donating lowers the viscosity of your blood which reduces the friction on your arteries and blood vessels. A study in the American Journal of **Epidemiology** showed that men who donated blood once a year had an 88 percent lower risk of heart attack than men who skipped out.

Reference: benefits

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