

Q: Why should I donate blood?

A: Safe blood saves lives and improves health. Blood transfusion is needed for:

- women with complications of pregnancy, such as ectopic pregnancies and hemorrhage before, during or after childbirth;
- children with severe anemia often resulting from malaria or malnutrition;
- People with severe trauma following man-made and natural disasters; and many complex medical and surgical procedures and cancer patients.
- It is also needed for regular transfusions for people with conditions such as thalassemia and sickle cell disease and is used to make products such as clotting factors for people with hemophilia.

There is a constant need for regular blood supply because blood can be stored for only a limited time before use. Regular blood donations by a sufficient number of healthy people are needed to ensure that safe blood will be available whenever and wherever it is needed.

Blood is the most precious gift that anyone can give to another person — the gift of life. A decision to donate your blood can save a life or even several if your blood is separated into its components — red cells, platelets and plasma — which can be used individually for patients with specific conditions

Blood transfusion saves lives and improves health, but many patients requiring transfusion do not have timely access to safe blood. The need for blood transfusion may arise at any time in both urban and rural areas. The unavailability of blood has led to deaths and many patients suffering from ill-health. An adequate and reliable supply of safe blood can be assured by a stable base of regular, voluntary, unpaid blood donors. Regular, voluntary, unpaid blood donors are also the safest group of donors as the prevalence of blood borne infections is lowest among these donors.

Why donating matters:

- **Reason 1: Your community is depending on you.**

Become a regular blood donor and you'll create a legacy of community service for generations to come. Beginning at age 16, if you made a donation approximately every three months until you reached 76, you would have donated 30 gallons of blood!

- **Reason 2: You make a big impact—in so little time**

Donating blood takes about one hour, including a mini-physical and health interview. Actual donation time is typically only 10 minutes. And within about 10 days, your blood will have helped saved lives in your community.

- **Reason 3: If not you, who?**

Right now, family members, neighbors, friends, co-workers, and others in your community are depending on you. Premature infants are born day and night, often requiring blood to survive. Cardiac surgery patients may need life-sustaining blood transfusions. The need is great. The rewards are many. And only you can volunteer to give the gift of life.

All Donors will receive the following free Health Screenings:

- Cholesterol
- Blood Pressure
- Pulse
- Iron
- Temperature
- Blood Type

BE A WARRIOR AND GIVE THE GIFT OF LIFE!!!

To Schedule an appointment contact:

Phyllis @ 201-602-0632

**TO FIND OUT ABOUT 12 HEALTHY FOODS THAT ARE HIGH IN IRON,
GO TO THE FOLLOWING LINK:**

<https://www.healthline.com/nutrition/healthy-iron-rich-foods>