



**MILLER-KEYSTONE**  
BLOOD CENTER



## Benefits of Donating

**#1 Benefit** - The simple process of donating blood will save numerous lives. The blood goes to those suffering from cancer, severe burns, leukemia, anemia, hemophilia and others undergoing surgery.

*But did you know that it might save yours too?*

- **Mini-Physical with Every Donation:** During the physical examination, which is always conducted before you donate blood, your blood pressure, pulse, temperature and iron levels are checked. Sometimes physical problems, such as high blood pressure, are found during a blood donation mini-physical. So donating blood can be a way to keep a check on your own health while helping others. Cholesterol testing is provided as a public service to all blood donors and the results are mailed.
- **Decrease the Chance of Heart Disease:** Each time you give blood, you remove some of the iron it contains. High blood iron levels can increase the risk of heart disease. Iron has been shown to speed the oxidation of cholesterol, a process thought to increase the damage to arteries that ultimately leads to cardiovascular disease. With heart disease being the number one cause of death in males, this is, indeed, an important health benefit of donating blood.
- **Potentially Lower the Risk of Cancer:** In a recent long-term study of more than a million Scandinavian blood donors, giving blood was found to be linked with a lower risk of cancers (liver, lung, colon, stomach, and throat) in men, with risk dropping as blood donation increased.
- **Determine Your Blood Type:** If you do not know your blood type, this is a perfect opportunity to find out, in case you happen to need blood in the future.