

The 5 health benefits of donating blood may not be known to you

Donating blood not only brings benefits to blood recipients but it also benefits the blood donor. Here are 5 health benefits you can get from humanitarian blood donation.

Being shot by a spider does not make you a hero, but a small needle with a short amount of time is definitely possible. In fact, every time you donate blood, you save 3 lives. In this article, we will provide you with amazing benefits: **blood donations** not only benefit blood recipients but also benefit blood donors. Here are 5 health benefits you can get from humanitarian blood donation.

1. The joy of saving others' lives



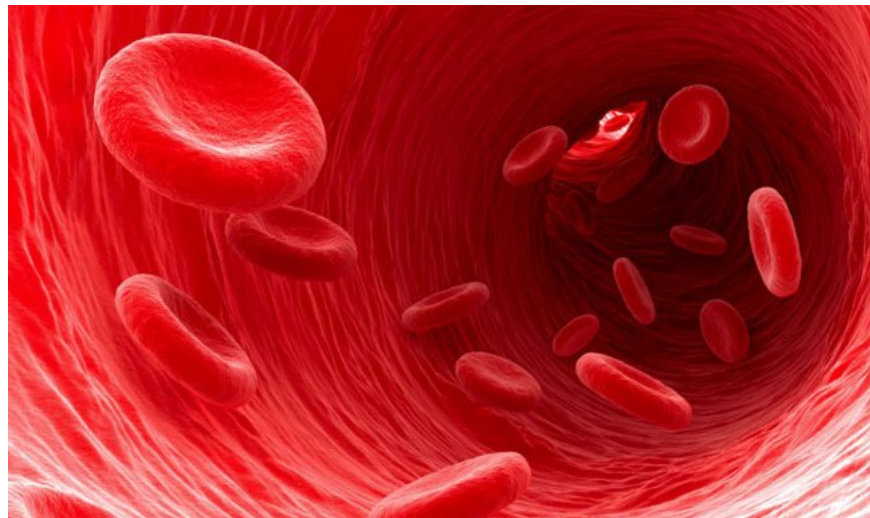
A great feeling when you can help doctors save lives. Nothing can " *perfectly replace* " human blood. The amount of blood you donate will be divided into parts according to the needs of each patient. Each part is used for different patients with different purposes. Many newborn babies need only a small amount of blood from donors can also be saved. With each blood donation, you can save 3 or 4 patients. So donate blood to become a hero.

2. Free health check



You can only donate blood when your body is healthy enough. Before each blood donation, you will have to go through a series of health checks, especially these health checks are free. That is a benefit for you. For example, you may know unusual things about your blood pressure. This helps you detect dangerous illnesses that are not painful before the outbreak and reveal health problems. Furthermore, after donating blood, blood and products from donated blood will be tested for infectious diseases. You can request to receive a notification if you find any unusual things during the checkout process. Therefore, regular blood donation is a form of free health check, which helps you to maintain better health.

3. Reduce the risk of heart disease



Regular blood donation will help control the amount of iron in the body, especially in men. This reduces the risk of heart disease. Although iron is an essential factor that helps the body to function well, excess iron can lead to excessive **oxidative imbalance** . Excessive oxidative imbalance can be the culprit causing increased aging problems, myocardial infarction, and stroke.

4. Burn calories



Each donation of blood costs 650 Kcal. This helps you control your weight. However, the safest blood donation time is about every two or three months and no more. This frequency depends on the health, hemoglobin and iron levels in each person's blood.

5. Reduce the risk of cancer

High iron levels can easily lead to cancer. In theory, regular blood donation will reduce the risk of cancer. Although this theory is still being studied to find concrete evidence, the notion that **blood donation will lead to cancer has been completely rejected** . If people still have doubts about blood donation, watch the video below:

Blood donation is a very safe process and does not pose any danger to yourself. You will be given proper health checks by medical staff before donating blood. Minimum condition: 16 years old, healthy body and weighing at least 110lbs (nearly 50kg). If more motivation is needed to donate blood? Read the story of a Florida man who donated a total of 100 gallons (378,541 cc) of blood throughout his life.

In addition, you can refer to the stories of students and students participating in voluntary blood donation. If this is the first time you donate blood. Find out the information at the American Red Cross for a full blood donation process. Because blood donation is really good for your health.

Refer to some more articles:

1. How to quit quickly and effectively?
2. 12 healthy habits but extremely harmful to health

3. 4 effects of alcohol on the brain that many people do not know

Having fun!

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