



GIVING BLOOD REGULARLY PROVIDES HEALTH BENEFITS

Several studies published in the medical literature point out to a lower risk of cardiovascular events among frequent, long-term whole blood donors. The reduction in risk seems significant: an 88% lower risk for heart attacks and a 33% reduction in overall incidence of cardiovascular events (including heart attacks, stroke and peripheral vascular disease) when frequent blood donors were compared to non-donors. The effect was more pronounced for males and postmenopausal females, and was independent of smoking status.

The cause of the benefit is not fully understood, although a decrease in body iron deposits may explain the results seen. Yet it is possible that as a group, blood donors are healthier individuals, and that the physical exam prior to blood donation helps in early detection of predisposing factors such as high blood pressure and high cholesterol levels, resulting in early behavior modification and medical treatment.

Regardless of the reason, if you want to pick up a healthy habit, it is as easy as a trip to your community blood center on a regular basis to donate blood!

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Florida Blood Services is an independent, not for profit, community based healthcare provider serving the blood needs of patients at medical facilities in Hillsborough, Manatee, Pasco, Pinellas and Polk Counties through the generosity of volunteer blood donors. Over 800 donations are required daily. For further information or donation locations, call 1-800-68-BLOOD (25663) or visit www.fbsblood.org