

January 2025

BLOOD DONATION AWARENESS MONTH



*Your Heart will
Thank You*

• 1 •



*You can improve
your Liver Health*

• 2 •



*You can be part of a
Greater Community*

• 3 •

5 BENEFITS OF DONATING BLOOD THAT LEAD TO INSTANT GRATIFICATION



January is Blood Donor Month, in order to honor the observance, we'll explore the many health benefits of donating blood.

These are also shocking health benefits of donating blood that you may never have connected with donating.

For scores of us, there aren't enough hours in the day to get everything done. So, it's not surprising that plenty of people don't make time to donate blood. As it turns out, each recipient of your generous donation isn't the only one who can enjoy a positive outcome. Because a single blood donation can save up to three lives. There are other benefits to donating blood that you may not realize... benefits that might motivate you to spend

some time at your local donation center.

•1• Your Heart Will Thank You

As stated in a recent article, donating blood on a regular basis may improve your heart health. Scientific evidence does suggest that donating blood just might lower coronary disease risk factors, such as lipid profile and blood viscosity. Donating reduces blood thickness, allowing blood to flow more quickly through the body in order to reach the heart faster. Another study published in the American Journal of Epidemiology found that people who donated blood had an 88 percent lower risk of suffering a heart attack.

According to a study in the Journal of Arteriosclerosis, Thrombosis, and Vascular Biology,



You can reduce your risk of **Diabetes**

• 4 •



You may reduce your **Cancer** risk

• 5 •

Additional benefits that are not as obvious:

You May Skip the Gym

A study found that donating just one pint of blood “burns” between 600 and 650 calories. How? Calories are burned when your own body expends energy to replace the red blood cells that are removed. You should not, of course, use blood donation as a part of your weight-loss plan.

Your Wallet Will Feel Fuller

Many blood centers can offer financial compensation for donating. Donors can earn about \$50 for blood, for plasma, and for serum. And the number can go higher quite considerably if you have certain medical conditions. For example, some centers pay people with Lupus up to \$500 per week for donating plasma. Check with your local donor center about donation programs for which you're eligible.

the lower risk is thought to be due to the reduced iron that is stored resulting from blood donation.

While iron is an essential mineral, too much can cause problems in the tissues and organs it's stored in — the liver, pancreas, muscles, heart, joints, etc. However, with the reduction in iron stores from regular blood donation, the body experiences decreased oxidative stress and an increased vascular function over time, which can help protect heart health.

The health benefits that you get from donating blood are often observed in donors with hemochromatosis — a genetic disease that causes the body to build up too much iron, eventually leading to tissue and organ damage — but they're also frequently observed in **non-afflicted donors**.

•2• Giving Blood Can Improve Your Liver Health

Reducing excess iron stores in the body doesn't just help your heart. It can also benefit your liver. A **recent study** from the Medical Science Monitor Journal, states that higher iron levels are associated with non-alcoholic fatty liver disease and other chronic liver issues.

For those who have too much iron, doing regular blood donations can help remove some of it, potentially protecting their liver from some of these damaging conditions.



•3• You Can Be Part of a Greater Community

Many donation locations pride themselves on their own communities. People who donate frequently also often develop friendships with the center staff and their fellow donors, who are committed to help save lives.



In addition, many centers have referral programs where people can invite friends and family to donate, which can further extend the community.

Mental and emotional benefits come with donating blood and being in the community, which is a win-win.

Not only does the recipient receive a crucial, even life-saving service, but you, as the donor, can experience better well-being, reduced risk factors, and even some improved mental and emotional health.

Knowing that your donation will help one or more people with their own surgeries, blood diseases, and cancer treatments is a natural mood booster. Helping people feel good about their contribution!

A **cross-sectional study** from the Journal of Transfusion Medicine and Hemotherapy found that donating blood can improve everything, including your:

- **Mood**
- **Concentration**
- **Satisfaction**
- **Resilience**
- **Spirit of initiative**
- **Physical well-being**
- **And energy levels**

It's a lot like giving to a charity.

Instead of cash, you're donating your blood. You are sharing the most precious thing you can with another human being.

And even if you don't experience any of the above, all health benefits of donating blood, you can rest assured that when you hop on that big red bus and roll up your sleeve, your donation will help someone through a challenging medical situation or give them another shot at life.

4 Giving Blood Can Even Reduce Your Risk of Diabetes

Did you know that even if you do not have hemochromatosis, having high levels of iron stored in your body can increase your risk of type 2 diabetes?

A **recent study** on over 32,000 women from the Journal of the American Medical Association found that:

“Higher iron stores...are associated with an increased risk of type 2 diabetes in healthy women independent of known diabetes risk factors.”

Of course, nothing can replace a healthy diet and regular exercise when managing and preventing diabetes...

However, there is **evidence** to suggest that regularly donating blood can reduce insulin sensitivity and the risk of diabetes in people with high iron levels.

5 You May Reduce Your Cancer Risk

This health benefit of donating blood rarely applies to those without pre-existing conditions.

However, for people with **hemochromatosis** or **peripheral arterial disease**— a condition involving reduced arterial blood flow to the limbs, which causes pain, weakness, and other symptoms — research shows that it reduces the amount of iron in people's bodies. Iron is necessary for life, but too much can increase one's chances of getting cancer. The study found that frequent blood donors had lower risks of liver, lung, colon, stomach, and throat cancer.

It's important to note that these findings don't apply to everyone. Patients should check with a doctor about their iron levels and donating blood.

Donation Programs

Whole Blood

Whole blood includes four main components: red blood cells, plasma, white blood cells, and platelets. Donating blood lowers iron levels, and it takes about two months for those levels to return to normal.

- **Frequency:** whole blood can be donated every 56 days (eight weeks)
- **Length of Visit:** expect your visit to last up to an hour
- **Process:** a phlebotomist cleanses and sterilizes an area of the arm from which the blood is drawn. The collection process takes approximately 25 minutes

For more information, [click here](#)

[Learn More About How Donation Works](#)

Basic Eligibility Requirements



To donate, you must meet basic requirements:

- Be in good health and feel well
- Be between the ages of 18 and 66
- Weigh at least 50 kg
- Are not pregnant and have not been pregnant in the past six weeks
- Possess a valid government-issued photo ID (Driving License, Passport, ID Card...)
- You can't eat 4 hours before donation
- You need to be medication-free for 7 days and alcohol and smoking-free for 12 hours
- You can donate up to 500 ml of blood every two months (56 days)

Please note that this is not a complete list; **other eligibility factors will apply**

Determination of Eligibility

To determine if you are eligible they will:

- Ask about your health
- Ask about medicines you are taking
- Ask about your risk for infections that can be transmitted by blood, including AIDS and viral hepatitis
- Take blood pressure, temp, and pulse
- Take a blood sample to be sure your blood count is acceptable

And remember those referral programs we mentioned? They usually offer a bonus for everyone you bring in to donate.

WHY CHOOSE NASIFF?



The **CardioResting™** ECG is the first complete, fully-featured 12-lead PC-based cardiology system. Our ECG is durable, reliable, and easy to learn. Performs and manages tests while saving money and working with your existing equipment. Our system has a Universal EMR Interface and is user-friendly, with an unlimited database.

Heart disease is a serious health concern that causes more fatalities than any other disease. An Electrocardiogram (ECG) is a non-invasive diagnostic test that measures the electrical activity of the heart and can help detect heart abnormalities, such as heart damage or abnormal heart rhythms. ECG is one of the most reimbursed tests because it does a great job at finding early signs of heart disease. Dr. Nasiff has developed diagnostic tools that are **highly regarded** in the medical community.

All of the Nasiff systems have intelligent ECG interpretations, which means the CardioCard software delivers automatic interpretations of EKG data. This reduces the time physicians need to spend reviewing tests and allows for faster diagnosis. The systems are designed to integrate seamlessly with the major EMR, EHS, and EHR platforms, allowing efficient sharing and storage of patient data.