

The Benefits of Donating Blood

There's no end to the benefits of donating blood for those who need it. According to the American Red Cross, one donation can save as many as three lives, and someone in the United States needs blood every two seconds.

It turns out that donating blood doesn't just benefit recipients. There are health benefits for donors, too, on top of the benefits that come from helping others. Read on to learn the health benefits of donating blood and the reasons behind them.

Benefits

Donating blood has benefits for your emotional and physical health. According to a report by the Mental Health Foundation, helping others can:

- reduce stress
- improve your emotional wellbeing
- benefit your physical health
- help get rid of negative feelings
- provide a sense of belonging and reduce isolation

Research has found further evidence of the health benefits that come specifically from donating blood.

Lower risk of heart disease

Blood donation may lower the risk of heart disease and heart attack. This is because it reduces the blood's viscosity.

A 2013 study found that regular blood donation significantly lowered the mean total cholesterol and low-density lipoprotein cholesterol, protecting against cardiovascular disease. Researchers note this is consistent with findings in other studies which found that blood donors had a lower risk of heart disease and heart attack.

Donating blood regularly may also lower iron stores. This may reduce the risk of heart attack.

High body iron stores are believed to increase the risk of heart attack. Lower risk of cancer.

Source: <https://www.healthline.com>