

# The Blood Donor Center

*Blood...the Key to Life*

**Did you know that donating blood is a healthy thing to do?**

## BLOOD DONATION

## REPLENISH BLOOD

Help your body function more efficiently by allowing it to replenish your blood supply regularly.

## REDUCE RISK OF HEART ATTACKS & STROKES

Improve your overall cardiovascular health. Research found that those aged 43 to 61 had fewer heart attacks and strokes when they donated every 6 months.

## LOWER IRON LEVELS

Donating blood lowers the iron levels in your body. This can help reduce certain health risks to the heart, liver, pancreas and overall

## REDUCE CANCER RISK

Consistent blood donation is associated with lowered risk for cancers throughout the body.



**Call or visit us online to make an appointment:**

**(949) 452-3158**

**[memorialcareblooddonor.org](http://memorialcareblooddonor.org)**

Sources:

<http://www.dailymail.co.uk/health/article-2333882/Donating-blood-good-YOUR-health-receiver.html>

<https://www.organicfacts.net/health-benefits/other/blood-donation.html>

  
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Saddleback Medical Center