

**Introduction:** Blood donation is a voluntary procedure that can help save the lives of others. In addition, the donator not only makes the receivers' life good but also helps himself to maintain good health.

## Prevents Hemochromatosis

Health benefits of blood donation include reduced risk of hemochromatosis (Hemochromatosis is a health condition that arises due to excess absorption of iron by the body This may be inherited or may be caused due to alcoholism, anemia or other disorders).



## Helps Weight Loss

Regular blood donation reduces the weight of the donors. This is helpful for obese patients who are at higher risk of cardiovascular diseases. However, blood donations should not be very frequent and needs consulting doctors before donating blood to avoid any health issues.



## Maintains Healthy Heart & Liver

Blood donation is beneficial in reducing the risk of heart and liver ailments caused by the iron overload in the body. Intake of iron-rich diet may increase the iron levels in the body, excess iron gets stored in heart, liver, and pancreas. This increases the risk of cirrhosis, liver failure, and heart abnormalities.

## Stimulates Blood Cell Production

After donating blood, the body works to replenish the blood loss. This stimulates the production of new blood cells and, in turn, helps in maintaining good health.

**Conclusion:** The health benefits of blood donation include, reduced the risk of hemochromatosis by reducing iron overload. Also it has anticancer effect. In addition, by donating blood, will helps in burning calories and also losing weight, healthy people can donate up to 4 times a year. Blood donation save lives.