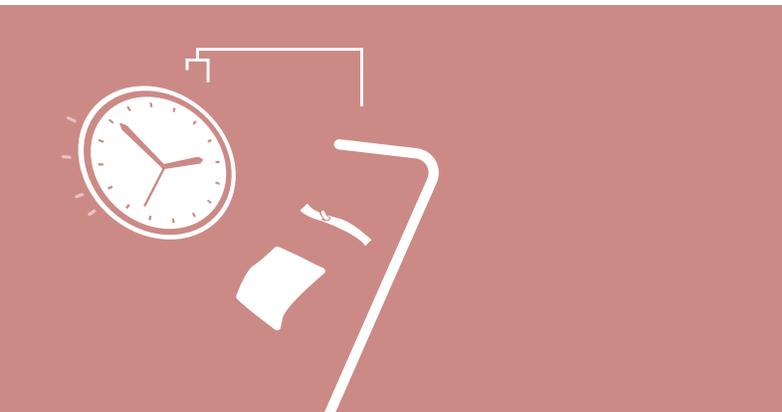




Winter is one of the most challenging times of the year to collect enough blood products and donations to meet patient needs. That’s why National Blood Donor Month is celebrated every January.

This year’s national health observance comes as the nation’s blood supply has dropped to concerning levels and could delay essential blood and platelet transfusions. Blood donors of all blood types—particularly type O blood—are needed to give blood or platelets to help meet daily hospital demands.



It’s vital to have plenty of blood banked to meet the demand. Blood is needed for surgeries, traumatic injuries, cancer treatment and chronic illnesses. On a daily basis, roughly 29,000 units of red blood cells, 5,000 units of platelets and 6,500 units of plasma are required. Blood and platelets cannot be made synthetically, making voluntary donations necessary.

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This month, resolve to be a blood donor and consider the

- ᄆ ᄃ · —Donated blood is tested to determine if any irregularities were found. You’re also required to undergo a quick health screening before giving blood.
- ᄆ ᄃ ᄃ · —Donating can help eliminate any excess buildup of iron in the blood, lowering your risk for a heart attack.
- 2ᄆ · —The blood donation process can burn up to 650 calories.
- ~ ᄆ ᄃ · —Not only are there physical benefits, but donating can release dopamine and help combat depression

Before you roll up your sleeve and commit to being a regular blood donor, check if you meet the American Red Cross’ [requirements](#) to donate blood safely. Additionally, each state has its own requirements for the minimum age to donate. Talk to your doctor if you have questions.

Regular exercise is a great way to take care of your body. The U.S. Department of Health and Human Services recommends that adults engage in moderate- intensity aerobic activity for at least 150 minutes each week and muscle- strengthening activities two times per week.

Many adults cite busy schedules as a reason regular exercise isn't feasible. However, getting enough exercise often comes down to prioritizing movement and getting