

50 REASONS TO GIVE BLOOD AGAIN

- ◆ Save a life - 4.5 million American lives are saved each year by blood transfusions.
 - ◆ Relieve suffering. ◆ Feel good about yourself.
 - ◆ Help a premature baby.
 - ◆ Do your part - 60% of people are eligible to donate; only 5% do.
 - ◆ Give back to the community. ◆ Deepen your sense of belonging.
 - ◆ Contribute something unique - there is no substitute for human blood.
 - ◆ Get over a fear of needles. ◆ Make an organ transplant possible.
 - ◆ Answer a need - 38,000 units of red blood cells are needed each day.
 - ◆ Take pride in giving. ◆ Help heal wounds.
- ◆ Put your time to great use - donating takes less than an hour and benefits multiple patients.
 - ◆ Deliver hope to others. ◆ Become part of the solution.
 - ◆ Have no worries - donating blood is 100% safe.
 - ◆ Add meaning to your day. ◆ Declare your dedication.
 - ◆ Ease blood shortages - inventory levels are lowest in the summer and winter.
 - ◆ Furnish treatment for a hemophiliac. ◆ Showcase good citizenship.
 - ◆ Lend assistance to a cancer patient.
 - ◆ Lose weight - one pint of blood weighs about a pound.
 - ◆ Show that you care.
 - ◆ Try a new experience. ◆ Earn donor gifts.
 - ◆ Know you're doing good - every three seconds someone requires blood.
 - ◆ Impact a child's future. ◆ Connect with other caring individuals.
 - ◆ Increase the strength of a person with anemia - donating won't decrease your strength.
 - ◆ Provide blood for an open-heart surgery.
 - ◆ Support healthcare. ◆ Become a braver person.
 - ◆ Assist in times of disaster - earthquakes, hurricanes and floods produce a need for blood.
 - ◆ Inspire others. ◆ Feel appreciated.
 - ◆ Help a car accident victim - approximately 8,000 people are injured each day.
 - ◆ Supply blood for your own operation. ◆ Give someone another birthday.
 - ◆ Improve a senior citizen's mobility - joint replacement surgery can involve donated blood.
 - ◆ Meet interesting people. ◆ Boost your self-esteem.
 - ◆ Alleviate pain in a person with sickle cell disease.
 - ◆ Establish a positive habit - you can donate every 56 days.
 - ◆ Prevent delays of routine surgeries.
 - ◆ Create a better world.
 - ◆ Aid your neighbors - one out of every 10 hospital patients must have blood.
 - ◆ Enhance someone's quality of life. ◆ Be an everyday hero!