

FUN FACTS

- New studies show that donating blood improves your overall cardiovascular health. Regularly donating blood helps men in particular to reduce the amount of iron in the blood. This can reduce the chance of heart attack by 88%. Additionally, regular blood donation can lower the risk of severe cardiovascular events such as stroke by 33%. You also burn 650 calories! It's a win-win!
- Each pint of blood saves 2 lives
- All blood collected on the purple bloodmobile stays right here in your community and is never exported
- Only 3 teaspoons of blood can save a baby's life
- Lee Health needs to collect 800 units per week to treat patients