

MAKE A DIFFERENCE

# Why should I donate blood?

## YOU SAVE LIVES RIGHT HERE AT HOME

Every two seconds someone needs blood. And as the primary blood supplier to over 30 area hospitals throughout Minnesota and northwestern Wisconsin, Memorial Blood Centers must collect nearly 2,000 units of blood every week to meet demand. Without your support and that of other volunteer blood donors, this life-saving gift would not be available.

## YOUR COMMUNITY IS DEPENDING ON YOU

Become a regular blood donor and you'll create a legacy of community service for generations to come. Beginning at age 16, if you made a donation approximately every three months until you reached 76, you would have donated 30 gallons of blood!

## YOUR INVESTMENT DELIVERS THE GREATEST POSSIBLE RETURN

Donating blood takes about one hour, including a mini-physical and health interview. Actual donation time is typically only 10 minutes. And within about 10 days, your blood will have helped save lives in your community.

## YOUR GIFT IS ONE THAT KEEPS ON GIVING

When asked why they generously roll up their sleeves to give the gift of life, volunteer blood donors universally say because they "want to help others." Blood donors feel good after making a donation, knowing that they have helped save lives. And those positive feelings flow back to others—at home, in the workplace, to neighborhoods, and to the larger communities in which we all live.

## IF NOT YOU, WHO?

Blood must be available 24/7, for emergencies as well as ongoing, life-sustaining care needs of patients battling such chronic diseases as cancer and sickle cell. Premature infants are born day and night, often requiring blood to survive. Cardiac surgery patients need life-sustaining blood transfusions. And since blood cannot be synthetically made, there is no substitute. Only volunteer donors can give the gift of life.



"By donating blood you are truly making a difference. If I could personally hug each person that donated the blood I received, I would! You saved my life." —Kelsey Pope, blood recipient and loyal blood donor

View the full story at [MBC.ORG](http://MBC.ORG)



**Memorial  
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## Make a date to donate today

If you are healthy and meet the requirements to donate blood, please give. Do it for yourself or in honor of someone else. Call **1-888-GIVE-BLD** (888-448-3253) or visit **MBC.ORG** and make an appointment to donate today.