



BE SAFe BE IRON STRONG!

NO TOP TO THE GYM REQUIRED. WE'RE TALKING ABOUT THE IRON IN YOUR BODY.

We truly appreciate that you support your community through blood donation. For people needing blood for surgeries, organ transplants or cancer treatment, your donation is precious. Just like you take care of others by donating blood, we want to take care of you. Your good health is important to us.

THE IMPORTANCE OF IRON, ESPECIALLY FOR YOUNG PEOPLE

See, your body—and everybody's—needs it. Iron is an essential mineral that helps move oxygen to all organs, muscles and tissues in your body. It helps hemoglobin form, so you can feel your energy. Your good health depends on iron, just like we depend on you as a blood donor.

Recent studies involving young blood donors indicate that keeping your iron "store" adequate — so that your body can quickly replace your red blood cells after a donation — can be a challenge. This is especially true for women, whose bodies require more iron. In fact, adults, young donors have not yet stored extra iron over the years to fall back on.

That's why every time you donate we measure your **hemoglobin** (how many red blood cells you have in circulation). Your hemoglobin normally replaces it a set point unless (a) you don't eat healthy, iron-rich foods. We want to prevent you from ever experiencing depleted iron stores.

In the days and weeks after you donate, your body naturally starts to replace what it lost. Once your iron stores are replaced, your body stops absorbing iron — so you're losing no more iron in the body.



DID YOU KNOW?

IRON IS ESSENTIAL TO LIFE AND YOUR BODY STORES IT IN YOUR SPLEEN. AS YOU AGE, YOUR IRON STORES IN YOUR SPLEEN WILL BE LARGER DEPENDING ON YOUR GENDER AND AGE.