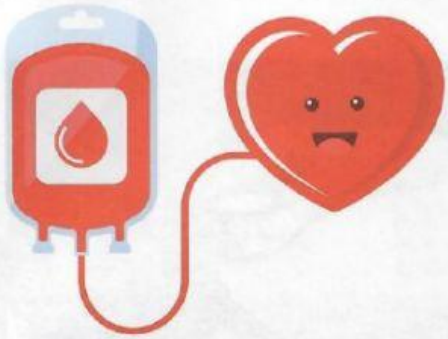
Name:_____( ) Class:_____

The Benefits of Donating Blood



You don't have to be a lifeguard, a firefighter, or a doctor to save someone's life. Donating some of your blood does not make a big difference in your life, but it can save up to three **precious** (寶貴的) lives. Despite huge advances in medical science and technology, blood cannot be produced in laboratories. It must come from generous donors.

香港紅十字會輸血服務中心
Hong Kong Red Cross Blood Transfusion Service

Donation Criteria

If you...

1. Have good health
2. Weigh 41 kg or above (90 lbs or above)
3. Are aged between 16 and 65

1. Will you give blood when you turn 16? Why or why not?

_____

_____

Blood donors normally give around 470 millilitres of blood each time they do the good deed. This is between 8 and 10 per cent of an average person's total blood volume. The body replaces the loss of blood in a couple of days, and **replenishes** (補充) the red blood cells in 10 to 12 weeks. A healthy person should be able to donate blood every three months.

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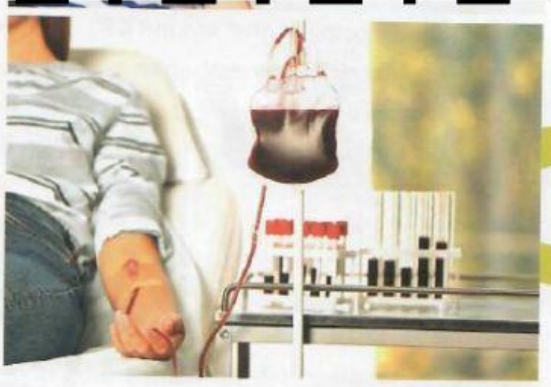
Donating blood does not only benefit the **recipients** (接受者). There are benefits for the donors, too. Before you donate blood, you are given a **health screening** (健康檢查), in which your pulse, blood pressure, body temperature, and haemoglobin levels (血紅蛋白水平) are examined. Your blood is also tested for various diseases, including **HIV** (愛滋病病毒), **hepatitis** (肝炎), and coronaviruses. By giving blood, you get a free medical check-up.

Read the statements below. Decide if they are true (T), false (F) or the information is not given (NG). Put a tick (✓) in the correct boxes.

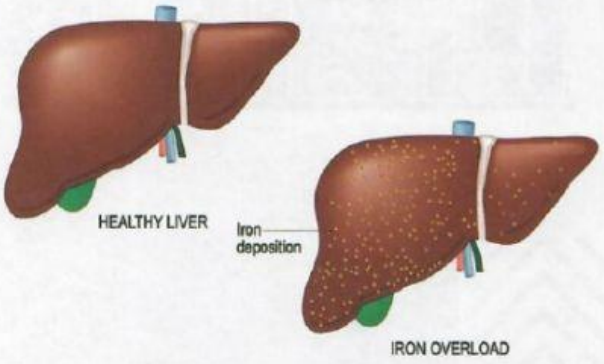
Statement	T	F	NG
2. Donating blood is good for only the recipients.			
3. If your blood pressure is too low, you can't donate blood.			
4. You don't need to pay for the check-up when donating blood.			



Haemochromatosis (血色沉著病) is a condition in which too much iron is stored in the body, mostly in the liver, heart, and **pancreas** (胰臟). Iron overload can cause blood vessels to **clog** (堵塞), leading to a wide range of diseases. According to The Centers for Disease Control and Prevention in the U.S., the removal of red blood cells through blood donation is the preferred treatment for patients with excess iron in their blood.

LIVEWORKSHEETS

Hemochromatosis



You get rid of 225 to 250 mg of iron when you give blood. This can significantly reduce the risk of haemochromatosis. This in turn helps to protect you from **cirrhosis** (肝硬化), **cardiovascular** (心血管的) disèase, and damage to the pancreas. A study by the American Journal of Epidemiology has found that donating blood once a year can reduce the risk of a heart attack by over 80 per cent.

Your body works to replenish the blood that has been lost, and this stimulates the production of new blood cells and helps you maintain good health. Giving blood is also beneficial to your emotional and psychological well-being. According to the Mental Health Foundation, doing good for others can reduce stress, minimize negative feelings, and increase your sense of **self-worth** (自我價值).

5. Other than health benefits, why else does the writer encourage us to give blood?

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LIVEWORKSHEETS