



National Blood Donation Month

WHO BLOOD DONATION HELPS

- CANCER PATIENTS
- TRAUMA PATIENTS
- SICKLE CELL PATIENTS
- BURN PATIENTS
- PATIENTS WITH CHRONIC DISEASES



[Learn more](#) about how blood donation helps all of these patients.

COMMON REASONS PEOPLE CANNOT DONATE BLOOD

Medication

In almost all cases, medications will not disqualify you from donating blood. Your eligibility will be based on the reason that the medication was prescribed. As long as the condition is under control and you are healthy, blood donation is usually permitted.



Cold, Flu & Other Illness

If you aren't feeling well on the day of your donation, you should cancel. 24 hours after your symptoms pass, you can donate blood.

Low Iron

Iron is an essential mineral that is a part of hemoglobin which helps maintain your strength and energy. Your body needs iron to make new blood cells, replacing the ones lost through blood donations.

Travel Outside the United States

If you have recently traveled, you should come prepared with your travel details when you donate. You may not be allowed to donate blood or platelets if you have lived in or traveled to a malaria-risk country in the past three years.

Visit the Red Cross's [website](#) to find out if your eligible to donate blood.

HEALTH MYTH BUSTERS

1

Donating blood negatively affects your health.

The screening process ensures that blood donation is appropriate for each individual. For some, the process can be a little stressful, so resting for a short time afterward is recommended.

2

Vegetarians cannot donate blood.

It is true that vegetarians take longer to recover the iron lost from blood donations, but vegetarians who want to donate regularly can take iron supplements.

3

I'm too old to donate blood.

There is no upper age limit for blood donations from healthy people.



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SUCCESS STORY

MEMBER

56 Year Old Female

GOALS

To lower A1c levels and lose weight.

SUCCESS

Reduced A1c from 11 to 5.3 and lost 35 pounds.

OUTCOMES

She was taken off Metformin after visiting her PCP. She joined a gym and is up-to-date on all of her preventative screenings. She had repeat labs and her PCP said everything was good.

FACT

Losing 5 to 10 percent of your total body weight, is likely to produce health benefits such as improvements in blood pressure, blood cholesterol and blood sugars.

WANT TO SHARE YOUR HMC HEALTHWORKS SUCCESS STORY? EMAIL US [HERE](#).



HARVEST STEW WITH SMOKED SAUSAGE

<https://thecozyapron.com/harvest-stew-with-smoked-sausage/>

Ingredients - Serves 6

- Olive oil
- 12 oz smoked sausage*, sliced into circles
- 1 onion, diced
- 1 teaspoon Italian seasoning
- 1/4 teaspoon paprika
- 1/2 teaspoon black pepper
- Pinch salt
- 2 cloves garlic, minced
- 2 large carrots, peeled and diced
- 2 large parsnips, peeled and diced
- 2 ribs celery, diced
- 6 baby yellow potatoes, cubed (skin on)
- 8 oz butternut squash, diced
- 6 cups chicken stock
- 1 cup chopped kale
- 1 tablespoon chopped parsley

Directions

1. Place a large pot over medium-high heat, and drizzle in about 2 tablespoons of olive oil; once hot, add in the sliced sausage and allow it to caramelize and brown.
2. Add in the onion, and stir to combine; saute together with sausage for about 3-4 minutes, until lightly golden; add in the Italian seasoning, paprika, black pepper, and pinch of salt, plus the garlic, and stir to combine.
3. Add in the carrots, parsnips, celery, potatoes, and butternut squash, and stir to combine with the sausage and onion mixture; next, add in the chicken stock, and bring to the boil.
4. Reduce the heat to medium-low, and allow the stew to simmer, uncovered, for 40 minutes.
5. Turn off the heat, add in the kale and the chopped parsley, and stir to combine, allowing the kale to wilt into the soup for a few minutes before serving.

* Turkey smoked sausage can be used instead of pork sausage for a lower fat meal.

Click [here](#) for more healthy recipes.