

Mayo Clinic Minute

Why Donating Blood Matters

Video	Audio
Vivien Williams	Why should you bother to donate blood?
Justin Kreuter, M.D. Blood Donor Center Mayo Clinic	“The need is constant for blood.”
	Dr. Justin Kreuter is the medical director of Mayo Clinic’s Blood Donor Center.
Justin Kreuter, M.D. Blood Donor Center Mayo Clinic	“Blood donation’s important because there’s no substitute for blood. It enables us to do life-saving surgeries. It enables us to provide life-saving medical treatments for patients.”
	Dr. Kreuter encourages people to donate blood, and he also wants to thank the people who have already done so.
	Now, what happens when you donate? Well, there are 5 steps: Register, fill out electronic health forms, have your vital signs checked, donate the blood, then have a snack to boost your blood sugar. It doesn’t matter what blood type you are. Every type is needed.
Vivien Williams on-camera	Donating only takes about an hour and remember, when you give, others live.
	I’m Vivien Williams, and for more health news, visit the Mayo Clinic News Network.