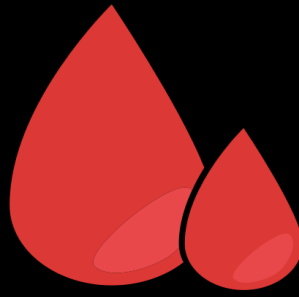
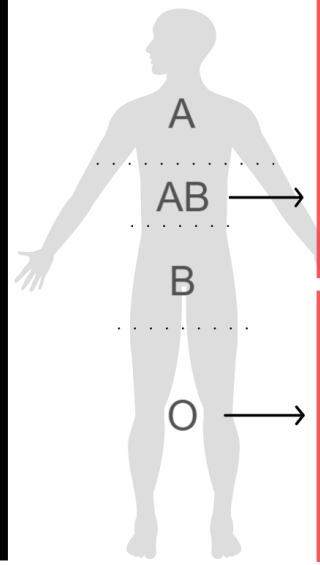


# The Mysteries of Your Blood Type



Everyone has one of four blood types: A, B, AB, or O.

Fascinatingly, your blood type can determine what diseases you are more likely to get in your life—let's explore!



AB is the rarest blood type and is known as the

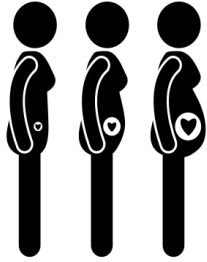
**Universal<sup>1</sup> Recipient**

They can receive blood from anyone.

Type O is the most common blood type and is known as the

**Universal<sup>1</sup> Donor**

They can donate blood to any other blood type.



The Rh factor is especially important in pregnant women and can cause problems if the mom and baby differ. All pregnant women get<sup>2</sup> tested for Rh factor.



## What's the Rheumatoid Factor?

We say that a person's blood type is either positive or negative, but what does that mean? This is referring to the rheumatoid, or Rh factor, which is a tiny group that is present in the blood cells of people with positive blood. The two types do not play nicely together. If a person gets blood from a donor with a different Rh status, their body will mount an immune attack against the donated blood.<sup>2</sup>



Type O blood is protective against heart disease and many cancers.<sup>4</sup>

Interestingly, people with Type O blood are also less likely to die of breast cancer if they develop it.<sup>4</sup>

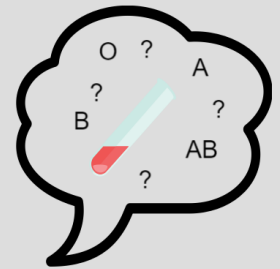
However, people with this blood type are more likely to have bleeding issues and develop stomach ulcers.<sup>5</sup>

Type O negative blood is also associated with Type 2 diabetes.<sup>6</sup>

## What's Your Type?

It has been scientifically proven that certain blood types are more likely to get certain diseases but are protected against others.<sup>3</sup>

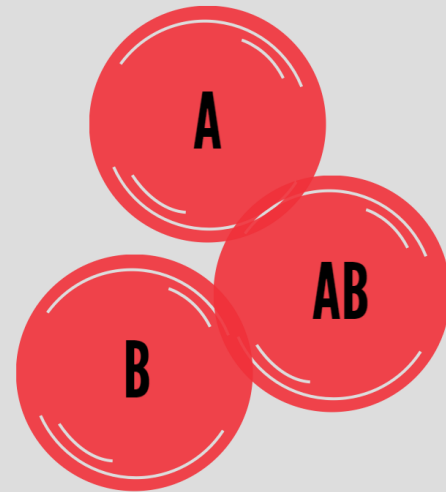
Find your blood type and learn about it!



Though there are some differences between the non-O blood types, they are all more likely to get cancers and blood clots. These blood clots can lead to heart attacks and cardiovascular disease.<sup>7</sup>

These blood types are protective against stomach infections from the bacteria *Helicobacter pylori*.<sup>8</sup>

This infection can lead to stomach ulcers, bleeds and even stomach cancer.<sup>8</sup>



**ABO blood type is determined by small markers on the surface of the red blood cells called antigens. These are determined based on your genetics.<sup>1</sup>**



Dr. D'Adamo's Eat Right 4 Your Blood Type diet focuses a lot on a substance called lectin. He suggests that eating it makes your blood "hypercoagulable" or sticky. Lectin is found in food like grains and beans. This diet suggests that people with Type O blood avoid lectin-containing foods, but that people with other blood types can process these foods more easily.<sup>9</sup>

Based on an original article by Alexandra Mauer in BU Well Volume 1

<http://digitalcommons.butler.edu/buwell/>



1. Blood types. American Red Cross website. <http://www.redcrossblood.org/learn-about-blood/blood-types>. Accessed: December 30, 2015. 2. Mayo Clinic Staff. Rh factor blood test. Mayo Clinic website. <http://www.mayoclinic.org/tests-procedures/rh-factor/basics/definition/prc-20013476>. Accessed: December 30, 2015. 3. Czerwinski M. Blood groups- minuses and pluses: do the blood group antigens protect us from infectious diseases? [abstract] Postepy Hig Med Dosw (Online). 2015;69:703-722. doi:10.5604/17322693.1158795. 4. Zhang B, He N, Song F, et al. ABO blood groups and risk of cancer: a systematic review and meta-analysis. Asian Pac J Cancer Prev. 2014;15(11):4643-4650. doi:10.7314/APJCP.2014.15.11.4643. 5. Etemadi A, Kamangar F, Islami F, et al. Mortality and cancer in relation to ABO blood group phenotypes in the Golestan cohort Study. BMC Medicine. 2015;13:8. doi:10.1186/s12916-014-0237-8. 6. Okon UA, Antai AB, Osmi EE, Ita SO. The relative incidence of diabetes mellitus in ABO/Rhesus blood groups in South-Eastern Nigeria. Niger J Physiol Sci. 2008;23(1-2):1-3. doi:10.4314/njps.v23i1-2.54897. 7. Yamamoto F, Cid E, Yamamoto M, Blancher A. ABO research in the modern era of genomics. Transfus Med Rev. 2012;26(2):103-118. doi:10.1016/j.tmr.2011.08.002. 8. Boren T, Falk P, Roth KA, Larson G, Normark S. Attachment of Helicobacter pylori to human gastric epithelium mediated by blood group antigens. Science. 1993;262(5141):1892-1895. doi:10.1126/science.8018146. 9. Nurmi D. Blood Type Diet. Diet.com website. <http://www.diet.com/g/blood-type-diet>. Accessed: November 9, 2015.