



Anemia



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What is Anemia?

Anemia is a condition wherein the red blood cell count stay persistently low (below four million whereas, the normal RBC count is 4.7 to 6.1 million and 4.2 to 5.4 million for men and women respectively. Anemia is a condition in which you lack enough healthy red blood cells to carry adequate oxygen to your body's tissues.



What organs or parts of the human body are affected and how does it affect the organs or parts of the human body?



Anemia may also be a sign of a more serious condition. It may result from chronic bleeding in the stomach. Chronic inflammation from an infection, kidney disease, cancer, or autoimmune diseases can also cause the body to make fewer red blood cells. Severe anemia can cause low oxygen levels in vital organs such as the heart, and can lead to heart failure.



How can a person obtain it?

People over age 65 are at increased risk of anemia.

-Anemia can happen if:

_When your body doesn't make enough red blood cells

-Bleeding causes you to lose red blood cells more quickly than they can be replaced

-When your body destroys red blood cells

-Blood loss related to other conditions such as ulcers, hemorrhoids or gastritis.

-Women: Blood loss during monthly periods and childbirth can lead to anemia.

-People over 65: People over 65 are more likely to have iron-poor diets and certain chronic diseases.

How can it be detected;

Signs and symptoms of anemia

- Dizziness or weakness.
- Headache.
- Sore tongue.
- Pale skin, dry skin, or easily bruised skin.
- Unintended movement in the lower leg (restless legs syndrome).
- Fast heartbeat



How can it be prevented;

- Eat plenty of iron-rich foods, such as tofu, green and leafy vegetables, lean red meat, lentils, beans and iron-fortified cereals and breads.
- Eat and drink vitamin C-rich foods and drinks.
- Avoid drinking tea or coffee with your meals, as they can affect iron absorption.
- Get enough vitamin B12 and folic acid in your diet.



How can anemia be treated?



Treatment might include oxygen, pain relievers, and oral and intravenous fluids to reduce pain and prevent complications. Doctors might also recommend blood transfusions, folic acid supplements and antibiotics. A cancer drug called hydroxyurea (Droxia, Hydrea, Siklos) also is used to treat sickle cell anemia.

Also eat foods with iron, vitamin B12, folic acid, and vitamin c.



Sources

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