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Anemia

Anemia is when you have an abnormally amount of red blood cells or hemoglobin. According to The National Heart, Lung, and Blood Institute, “hemoglobin is an iron-rich protein that helps red blood cells carry oxygen from the lungs to the rest of the body.” This means when you have anemia, you cannot get enough oxygen through your bloodstream. This can cause several things like feeling tired or having low energy and feeling cold in the hands or feet. You may experience some breathing issues or irregular heartbeats. There are various forms of anemia and many ways to treat patients with anemia. Anemia can occur to anyone and it is very treatable. Most cases of anemia can occur in women who may be on their menstrual cycle or for people who donate blood regularly.

Some people may have a higher risk factor than others. Many people are anemic because they have a poor diet or an underlying medical issue. There are various forms of anemia many don’t realize and may include: iron-deficiency, vitamin-deficiency, Aplastic anemia, hemolytic, sickle cell anemia, and many other forms of anemia caused by other diseases. Women are more prone to being anemic if they have regular menstrual cycles or if they may be pregnant. Chronic conditions including; Rheumatoid arthritis, cancer, kidney disease, liver disease, and inflammatory bowel disease. Most signs of anemia are usually overlooked, and most people don’t realize they are anemic until they have a blood test and it’s in the results.

Symptoms of anemia are very easy to spot in some cases, most of the time they go unnoticed. First, many patients who have anemia always mention their hands and feet are cold. This is due to poor circulation in the bloodstream. People who take blood regulation medicines or who frequently go to the hospital for cancer care are often anemic as well. Anemia can also be an underlying condition for something worse and patients should always contact their care provider for more information.

Before treatment, it must be determined what type of anemia it is specifically. Each type of anemia is treated differently. Iron-deficiency is usually related to blood loss, so your care provider may try to determine what is the cause of that. After looking through what the cause may be they will either tell you to change your diet or take vitamin supplements. That may not always be the case, however. If it’s a type of anemia dealing with chronic diseases, like aplastic anemia that directly effects your bone marrow, then the treatments would vary. Most treatments for that include blood transfusions or prescribed medication. Just to be safe, always contact a care provider of treatment options.

Many types of anemia cannot be prevented. Most can be prevented by eating a well-balanced meal, exercising often, and generally just making the right choices. Include foods that may be high in iron like beef, leafy vegetables, or nuts. Supplements and multivitamins also help to avoid having to deal with anemia unless your care provider specifically instructs you not to do that. It’s important to always be aware of the symptoms because anyone could be anemic. If you are not sure of you are, but display some symptoms related to anemia, please contact your service care provider because it may be an underlying condition.

Works Cited

“Anemia.” *National Heart Lung and Blood Institute*, U.S. Department of Health and Human Services, [www.nhlbi.nih.gov/health-topics/anemia](http://www.nhlbi.nih.gov/health-topics/anemia).

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