

# Anemia

Also called: lack of blood

A condition in which the blood doesn't have enough healthy red blood cells.

## Very common

More than 10 million cases per year (India)



Treatable by a medical professional



Requires a medical diagnosis



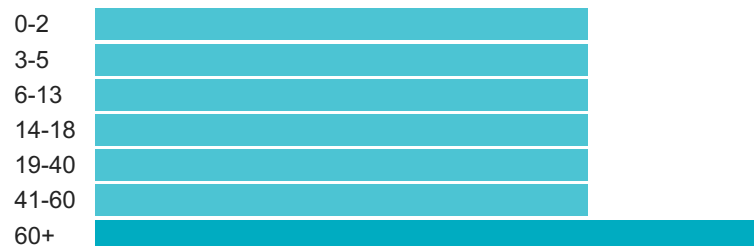
Lab tests or imaging always required

Anaemia results from a lack of red blood cells or dysfunctional red blood cells in the body. This leads to reduced oxygen flow to the body's organs.

Symptoms may include fatigue, skin pallor, shortness of breath, light-headedness, dizziness or a fast heartbeat.

Treatment depends on the underlying diagnosis. Iron supplements can be used for iron deficiency. Vitamin B supplements may be used for low vitamin levels. Blood transfusions can be used for blood loss. Medication to induce blood formation may be used if the body's blood production is reduced.

## Ages affected



## Symptoms

### Requires a medical diagnosis

Symptoms may include fatigue, skin pallor, shortness of breath, light-headedness, dizziness or a fast heartbeat.

### People may experience:

**Whole body:** dizziness, fatigue, feeling tired, light-headedness, malaise, or weakness

**Heart:** fast heart rate or palpitations

**Also common:** spoon-shaped nails, headache, pallor, or shortness of breath

Consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure that you contact a health care provider if you have a medical problem. If you think you may have a medical emergency, call your doctor or a emergency number immediately.

**Sources:** Apollo Hospitals and others. [Learn more](#)