

Anemia

A GUIDE FOR PATIENTS/FAMILIES



This brochure provides information about anemia, its causes, signs and symptoms and treatment. It is designed respond to questions most frequently asked by patients.



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What is Anemia?

Blood contains three types of cells:

- Red blood cells
- White blood cells
- Platelets

When the number of red blood cells decreases, it is called Anemia.

Similarly, the measurement of haemoglobin is mandatory to establish the diagnosis of anemia. Normal range for males is 13.5gm/dl to 16.3gm/dl and for females, the range is 11.5gm/dl to 14.5gm/dl.

What are the Causes of Anemia?

- Blood loss especially in females during child bearing age.
- Breakdown of red cells.
- Poor dietary pattern i.e. low iron intake, a common cause during pregnancy and lactation.
- Disease process: malaria, worms, cancer disorder.
- Thalassemia minor, a carrier state is quite common in our country and is not mild anemia (inherited).

What are the Signs and Symptoms of Anemia?

- Weakness and low-grade fever
- Lethargy and fatigue
- Pallor
- Rapid pulse and respiration
- Swollen feet
- Difficulty in breathing

- Loss of appetite
- Nausea and vomiting
- Dizziness

Diagnosis of Anemia?

- History of the illness
- Medical assessment of your signs and symptoms
- Laboratory blood tests, i.e. Haemoglobin level and other pertinent test.

What is The Treatment?

- Medications prescribed by the physician, such as iron supplements
- Balanced diet
- Treatment of underlying cause of anemia

How Can I Reduce my Chances of Getting Anemia?

Take an adequate diet in all four food groups

- Cereal
- Dairy products
- Meat/fish
- Fruits and vegetables
- Iron containing diet (liver, red meat, green leafy vegetables, beans, chickpeas?)
- Consult dietician for more improvement

Follow-up

- Follow your doctor's prescriptions:
- A regular check of your haemoglobin estimation as recommended by your doctor:
- Healthy diet:

It is important that you keep your clinic appointment so that your doctor can monitor your progress make sure that you are recovering safely.