

DISCLAIMER

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Anemia

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Anemia

- Anemia is an abnormally low level of red blood cells that transport oxygen
- Hemoglobin <12 for women and <14 for men
- Symptoms:
 - Fatigue, shortness of breath or chest pain
 - Light headedness, loss of concentration, ringing in ears
 - Pallor, very white eyes, headaches, chest pain



Causes of Anemia

- Blood loss
 - GI bleed, heavy abnormal menstruation
- Decreased production
 - Iron/B12/folate deficiency
 - Pernicious anemia
 - Lead poisoning
 - Kidney disease
 - Leukemias
 - Chronic infections
- Increased destruction
 - Infections
 - Autoimmune disease
 - Microvascular problems
 - Splenomegally
 - Sickle cell, thalassemia, G6P deficiency



Diagnoses of Anemia

- Complete blood count
- Iron studies
- Visualization under microscope
- -size, shape and % of new RBCs
- Check for lead, auto-antibodies, enzyme, cofactors and break down products, and hormones
- bone marrow biopsy



Treatment of Anemia

- Blood loss: stop the leak
 - EGD/colonoscopy
 - Birth control/hysterectomy
- Decreased production:
 - Replace the missing ingredient:
folate/B12/Iron/epopoetin
 - Lead chelation
 - Chemotherapy/ BMT
 - Epopoeitin
- Increased destruction:
 - Immune suppression
 - Splenectomy
 - Antioxidants
- Blood transfusion

