

ANEMIA

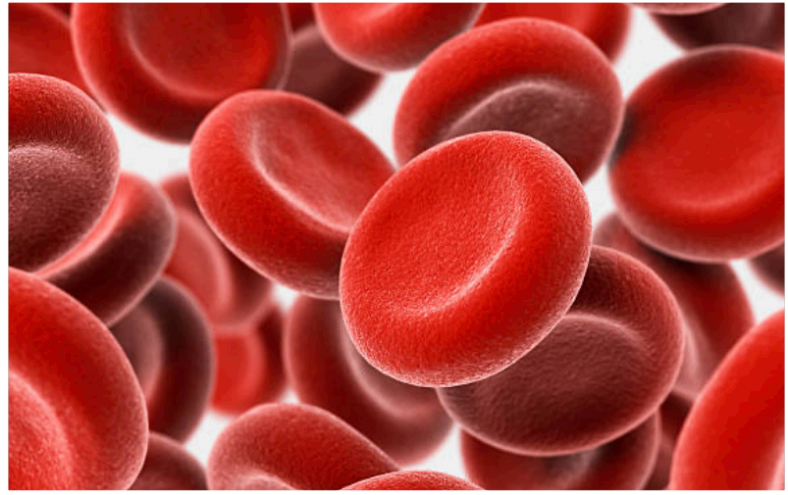
Donate Blood - You Have The Chance To Save A Life!

Anemia - Basics

- Decrease in number of red blood cells (RBCs)
- The function of the RBC is to deliver oxygen from the lungs to the tissues and carbon dioxide from the tissues to the lungs.
- The most serious complications of severe anemia arise from oxygen deficiency and include shock, and low blood pressure.

Symptoms

- Fatigue, weakness, cramps in the calves on climbing stairs, cold intolerance
- Dizziness or vertigo, tinnitus, headache
- Shortness of breath, palpitations
- Burning sensation in the tongue, chewing or sucking ice
- Pale appearance, early graying of the hair brittle nails, difficulty sleeping



Prevention strategies

- Correct all nutritional deficiencies, especially iron, folate, vitamins A and B12. Consider taking vitamins and minerals which are used to meet necessary dietary requirements and used in metabolic pathways, as well as in DNA and protein synthesis. Avoid excessive alcohol use.
- Avoid all heavy metals and household exposures to tranquilizers, insecticides, paints, solvents, and hair dyes. Avoid the use of toxic personal care products. Test your water for lead and consider purification of drinking water.
- Address all underlying conditions, especially low thyroid function, liver or kidney disease.
- Treat all underlying infections, this includes viral, bacterial and protozoal.