

Anemia

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Anemia Anemia is a condition that is identifiable by lack of enough red blood cells in the body or insufficiency of hemoglobin in red blood cells. This means that cells and organs in anemic person lacks enough oxygen for respiration and may not be able to perform their roles effectively. Statistics show that more than three million people are anemic in the United States and women and individuals with terminal conditions are more susceptible to the condition. Three major factors have been identified to cause anemia. Excessive loss of blood through such experiences as heavy menstrual period among women, psychological instability, and some types of diseases is one of the factors. The body may also fail to generate red blood cells to lead to the shortage in the body. Alternatively, the rate of degeneration of red blood cells may be higher than the rate of regeneration to identify shortage into anemia. Anemia also exists in different forms and examples are " iron deficiency anemia," " vitamin deficiency anemia," " anemia caused by underlying diseases," and anemia that results from hereditary diseases (Women's Health, 2012, p. 1). Symptoms exist that indicate possible existence of anemia and examples include " fatigue, weakness, dizziness, headache, low body temperature, pale skin, and shortness of breath" (Women's Health, 2012, p. 1). Existing tests for the condition are limited to physical examination on the symptoms and treatments such as blood transfusion, suppression of the immune system, facilitated generation of red blood cells, and consumption of necessary supplements exist. The treatments focus on each cause of the condition. In severe conditions, anemia can lead to cardiac arrest (Chem, 2011).

References

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