

# Anemia

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Anemia is a condition in which a patient has a reduced number of blood cells occasioned by a deficiency in the body's mineral salts that are necessary for production of hemoglobin. The process generally follows three stages where the iron deficiency begins, hemoglobin is affected and finally anemia sets in (Bowden and Greenberg 1198). The low blood cell count reduces the oxygen delivery in body tissues and is manifested in several ways depending of the severity; furthermore, it can make worse any other pre-existing conditions. Minor symptoms of anemia include fatigue, numbness and jaundice while the more severe symptoms include dizziness extremely high blood pressure, and heart attacks (Garrison 241). For successful diagnosis, it is crucial that the medical officer introspects into your medical history and family health records since anemia for instance sickle cell can be genetically acquired. They will then check for the aforementioned signs and carry out tests, which may include; complete blood count (CBC), measuring the levels of vitamin B12 and Folate on rare occasions, the doctor may take a sample of bone marrow.

The doctor will then administer treatment depending on the cause including fluids and blood transfusions in most cases, anemia caused by loss of blood can be treated by treating the cause of blood loss. Today, advanced methods of treating anemia are being developed such as gene therapy and bone marrow transfer and while still in the early stages they portend consummate improvements in the field (Garrison 2009).

Ultimately, the treatment and prognosis of Anemia are relative to the severity, when it caused by bleeding such as an ulcer, one is likely to recover. When treated in the early stages, it is more likely to be cured,

however, in elderly people it is more difficult to remedy than with the younger ones.

#### Works Cited

Bowden, Vicky and Greenberg, Cindy. Children and Their Families: The Continuum of Care. New York. USA: Lippincott Williams & Wilkins, 2009 . Print.

Garrison, Cheryl. The Iron Disorders Institute Guide to Anemia: USA, Sourcebooks, Inc., 2009. Print.