

Anaemia is a blood disease health essay

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Name: Ashwinii a/p Nagasundaram

Student ID: A2521

Anaemia is a blood disease or a condition that develops when the amount of red blood cells or haemoglobin lacks in the blood. Haemoglobin is the main part of the red blood cell and binds with oxygen which is then provided to the body by red blood cells. Thus, when there is an abnormal number of red blood cells in the body, cells will not get suitable amount of oxygen causing the improper functioning of our body system. In today's world the most common anaemia is the iron deficiency anaemia although there are more than 400 types of anaemia. Those 400 types of anaemia are divided into 3 different grouping based on their causes which are: i) caused by blood loss ii) decrease or faulty red blood cell production iii) excessive destruction of red blood cell. Various studies of prevalence of anaemia have proven that iron deficiency anaemia is the most common blood disease in the whole world. According to the World Health Organization it was estimated that 40% of world's population are suffering from iron deficiency anaemia. Classification of anaemia according to the prevalence rate: <15% - low, 15-40% - medium and > 40% - high. Referring to the rate, the group with highest prevalence are pregnant women and elderly at 50%, followed by infants and children between the age 1-2 at 48%, school going children at 40%, women (non-pregnant) - 35%, adolescents 30-55% and preschool children: 25%. (Allen and Gillespie, 2001). Moreover, a survey done by the Ministry of Health Malaysia supported by UNICEF reported that 18-20% of boys and girls below 5 years old respectively to be anaemic. However, in Peninsular Malaysia, it was reported that 22% anaemia in children aged between 7-12 years, 25%

of females aged between 18-60 years old and 23% among elderly in both sexes. The prevalence of anaemia is subject to change over the years. Iron deficiency anaemia affects more people than any other condition, it arises in many ways. The common cause of it is when there is increase iron demand or decreased iron intake in the body. Lack of iron in the body is caused by unhealthy diet and lack of iron absorption by the body. Similarly, excessive blood loss from the body can cause anaemia. If the body loses more blood cells than it can produce a person is at high risk of having anaemia.

Furthermore, it can also be caused by decrease or faulty production of red blood cell. Red blood cells can be faulty or decreased due to lack of minerals and vitamins needed to function properly. Adding to an idea, the symptoms of anaemia are: tired, fatigue easily, appearing pale, develop palpitation (feeling of heart racing), shortness of breath, hair loss, feeling unwell, worsening of heart problems, low blood pressure, pale skin colour, jaundice (due to lack of red blood cell, yellow skin colour) and change in stool colour. In addition, the effect of having anaemia is reduced of oxygen in the blood, the person may become very weak, weight loss, diarrhoea, vomiting and low level of erythropoietin (a hormone that stimulates formation of red blood cell). However, some people may not be aware of them being anaemic until diagnosed as they might not encounter those symptoms and effects. Besides that, the factor that worsens the condition is: i) a diet lacking in certain vitamins. Vitamins such as B-12, low in iron increases the chances of being anaemic, ii) intestinal disorders, having intestinal disorders that interrupts the absorption of nutrient into the small intestines, iii) menstruation and pregnancy (for women) high amount of blood is loss during menstruation. However, during pregnancy iron stored in the body may be insufficient as it

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has to be the source of haemoglobin for the foetus and keep up to the increasing level of blood in the body and iv) heredity, anaemia for some people may not be caused by their body system but inherited from their family. Together with the risk there are ways to reduce it. One of it is by increasing the amount of iron in the diet. This can be done having more meat, fish, beans, leafy green vegetables and by adding more iron absorption enhancing foods. Besides that, one should reduce taking tea, coffee and red wine with meals and go for regular check up with their doctor to make sure everything is normal and perfect to stay healthy. After all, precautions are better than cure. Anaemia can be treated once the underlying cause of it has been determined by the doctor. Treatment for anaemia can be helpful or risky for a person depending on their condition and how critical the anaemia is. Treatments for anaemia involve blood transfusion when excessive blood is lost and iron supplements to increase the level of iron in the body. Likewise, natural methods can be used to treat anaemia. Firstly, we have to increase the dietary intake of folic acid, iron and vitamin C. For example, have more red meat, fish, chicken, egg and more food which are good sources of iron. Second, increase the amount of foods with high amount of Vitamin C content and green vegetables in the diet plan. Third, we should avoid taking calcium and zinc supplements alongside iron supplements as it will reduce the iron absorption into the body and the last method would be drinking 8 glasses of water to maintain body temperature and excrete the wastes out and at least 2-3 glasses of Chamomile Tea which helps to treat Anaemia when taken regularly. Yet one should always be aware that critical condition anaemia might not be treated either medically or naturally. As a conclusion, anaemia is the most common blood disease

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one can suffer as it is easily caused by heredity and our own body system and food intake. On the other hand, it can be prevented if extra care and efforts are put in to make sure one stays healthy and happy. One should get an immediate check up done if any of those symptoms as mentioned earlier begins and make sure to avoid those factors that can increase the chances of being an anaemic. If their anaemia they should be extra hardworking and try to cure it naturally. That is to say if everyone works together we can reduce the percentage of people suffering from anaemia. In short, a healthy lifestyle leads to a happy life.