

Introduction Ode To Hemolytic Anemia Hemolytic Anemia you cause me to look pale The pallor is in my skin, mouth and nail The reason is hemolysis or breakup of my red blood cells The breakup of my cell matrix leaves me with empty shells The hemoglobin gives the RBC their red color With less hemoglobin in the cell comes the pallor Hemoglobin also carries oxygen to my body and brain Without the oxygen in my cells I will feel drained There may be difficulty in breathing The heart rate may be fast and racing Brain confusion, lethargy and giddiness There will be also muscle weakness Antibodies in the immune system and toxins result in red blood cells bursting My hemoglobin is taken up and dumped in my spleen and urine Treatment is by extra iron and folic acid or blood transfusions Replacement of blood may be necessary for blood depletion -An original poem by Kenneth Kee Interesting Tips about the Hemolytic Anemia A Healthy Lifestyle 1. Take a well Balanced Diet 2. Treatment depends on the type and cause of the hemolytic anemia. a. In emergencies, a blood transfusion may be needed. b. For hemolytic anemia caused by an overactive immune system, drugs that suppress the immune system may be used. c. The spleen may need to be removed, because it acts as a filter, removing abnormal cells from the blood. d. Treat the underlying cause of the Anemia. e. Eat a well-balanced diet that includes good sources of i. Iron (liver, meat, peas, beans, whole grain), ii. Vitamin B12 (foods of animal origin only, including meats, liver and kidney, milk, cheese, fish, shell fish and eggs) iii. Folic acid (present in most vegetables). iv. Vitamin C can make the stomach more acidic and can improve the absorption of iron in the diet. 3. Keep bones and body strong Bone marrow produces our blood Eat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables. Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk. Eat food rich in Vitamins B and C such as green vegetables and fruits Zinc and other minerals are important to the body 4. Get enough rest and Sleep Avoid stress and tension 5. Exercise and stay active. It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2? hours a week. One way to do this is to be active 30 minutes a day at least 5 days a week. Begin slowly especially if a person has not been active. 6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman. Alcohol use also increases the chance of falling and breaking a bone. Alcohol can affect the neurons and brain cells. 7. Stop or do not begin smoking. It also interferes with blood supply and healing. Chapter 1 Hemolytic Anemia Hemolytic anemia is the breakup of red blood cells in the blood earlier than normal. Hemolytic anemia is a condition in which the body destroys too many red blood cells. Inherited or acquired conditions or factors can cause hemolytic anemia. Inherited hemolytic anemia is condition such as G6PD Deficiency. Other examples include: 1. Immune disorders, Immune hemolytic anemia occurs when the immune system mistakenly sees the own red blood cells as foreign substances. Antibodies then develop against the red blood cells. These antibodies attack the red blood cells and cause them to break down too early. 2. Infections 3. Certain medicines, 4. Reactions to blood transfusions. Hemolytic anemia occurs when excessive red blood cells that are being destroyed before the bone marrow could replace them. The body may also destroy red blood cells because of certain genetic defects that cause the blood cells to take on abnormal shapes (such as sickle cell) 1. Auto-Immune hemolytic anemia TABLE OF CONTENT Introduction 1 Hemolytic Anemia 2 More Facts about Hemolytic Anemia 3 Tre

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Learn the myriad causes of hemolytic anemia, common symptoms, and However, there are several diseases and even medications that can cause this condition. If your doctor thinks your condition may be related to intrinsic anemia , they.

Acquired autoimmune hemolytic anemia, or AIHA, is a rare type of You can get acquired autoimmune hemolytic anemia if you have an autoimmune disease A feeling of abdominal fullness related to an enlarged spleen. Related. Prevent and treat iron-deficiency anaemia Â· Symptoms of anaemia Â· What is Inherited conditions, such as Fanconi anaemia.

There are numerous types of hemolytic anemia, and treatment may differ Autoimmune hemolytic anemia associated with reticulocytopenia. A patient with sickle cell disease undergoing hemodialysis for renal failure. For example, sickle cell anemia (see the image below) is associated with painful in the management of various types of hemolytic anemias (see Treatment). Hemolysis can be due to hereditary and acquired disorders. Anemia â€” Comprehensive overview covers symptoms, causes, treatment of this Some anemias, such as iron deficiency anemia or vitamin B deficiency, are common. Anemias associated with bone marrow disease. These conditions produce red blood cells that do not live as long as The following are the most common symptoms of hemolytic anemia. Learn what causes the condition and how to treat it. This type of hemolytic anemia is usually caused by the following genetically inherited disorders: Acquired hemolytic anemia occurs when a disease or medical condition causes the Blood Transfusion Strategy Linked to Infection Risk Â· Anemia. Autoimmune Hemolytic Anemia - Learn about the causes, symptoms, diagnosis & treatment from the MSD Manuals - Medical Consumer Version. the hemolytic anemia is associated with immune thrombocy- topenia (Evans syndrome).5 types of AIHA.6 It is worth remembering that the degree of anemia also . autoimmune diseases,44 Rituximab treatment is well tolerated and no.

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