What is anemia?

It is a medical condition characterized by the presence of insufficient amount of hemoglobin, the protein which is responsible for the transfer of oxygen from the lungs to the tissues and then take carbon dioxide from the tissues to the lungs.

Prevention of anemia:

Non-pharmacological therapy:
- Diet rich in iron: Spinach, dark green vegetables, Peas, lentils; white, red, and baked beans; soybeans; and chickpeas.
- Dried fruits, such as prunes, raisins, and apricots.
- Breakfast cereals with added vitamin B12.
- Meats such as beef, liver, poultry, and fish
- Eggs and dairy products (such as milk, yogurt, and cheese)
- Foods fortified with vitamin B12, such as soy-based beverages.

Diet rich with Vitamin B12:
- Breakfast cereals with added vitamin B12.
- Meats such as beef, liver, poultry, and fish
- Eggs and dairy products (such as milk, yogurt, and cheese)
- Foods fortified with vitamin B12, such as soy-based beverages.

Diet rich with Folic Acid:
- Bread, pasta, and rice with added folic acid
- Spinach and other dark green leafy vegetables
- Black-eyed peas and dried beans
- Beef liver, Eggs
- Bananas, oranges, orange juice, and some other fruits and juices.
- Diet rich with Vitamin C.
- Fruits & vegetables e.g: Orange, grapefruit, kiwi, strawberry.

Pharmacological therapy
- Medicines that increase the production of red blood cells.
- Medicines to prevent the body’s immune system from destroying its own red blood cells.
What are the symptoms of anemia?

- Easy fatigue and loss of energy
- Unusually rapid heart beat, particularly with exercise
- Shortness of breath and headache, particularly with exercise
- Difficulty concentrating
- Dizziness
- Pale skin
- Leg cramps
- Insomnia

What are the causes of anemia?

- Due to blood loss.
- Gastrointestinal conditions such as ulcer, hemorrhoids, gastritis (inflammation of the stomach), and cancer.
- Use of nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin or ibuprofen, which can cause ulcers and gastritis.
- Menstruation and childbirth in women, especially if menstrual bleeding is excessive and if there are multiple pregnancies.
- Due to decreased in red cell production.
- Iron-deficiency anemia.
- Vitamin deficiency.
- Bone marrow and stem cell problems.
- Sickle cell anemia.

Inherited conditions, such as sickle cell anemia and thalassemia.
Infestations, drugs, snake or spider venom, or certain foods.
Toxins from advanced liver or kidney disease.
Inappropriate attack by the immune system (called hemolytic disease of the newborn when it occurs in the fetus of a pregnant woman).

What is anemia?• A condition of having too few red blood cells, which carry oxygen throughout the body.

The causes of anemia may include:
- Blood loss
- Infections, infections, and infections
- Malnutrition
- Certain medicines
- Using nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin or ibuprofen

The symptoms of anemia may include:
- Fatigue
- Shortness of breath
- Paleness
- Headache
- Nervousness
- Irregular heartbeat
- Chest pain
- Cold extremities

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