

*Perspective*

# The Importance of Blood Health and How to Address Iron Deficiency

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## DESCRIPTION

Anaemia is a medical condition characterized by a decrease in the number of red blood cells or a decrease in the amount of haemoglobin in the blood. Haemoglobin is a protein found in red blood cells that carries oxygen from the lungs to the body's tissues. Anaemia can occur due to various reasons, including nutritional deficiencies, chronic diseases, or blood loss.

However, more severe cases of anemia can lead to a range of symptoms such as fatigue, weakness, shortness of breath, rapid or irregular heartbeat, and pale skin. Severe anemia can also lead to complications such as heart failure or organ damage if left untreated.

It is essential to identify and treat the underlying cause of anemia to prevent further complications. If you suspect that you may have anemia, it is important to speak to a healthcare provider who can evaluate your symptoms, perform diagnostic tests, and develop an appropriate treatment plan.

### Symptoms of anaemia

Weakness, fatigue, shortness of breath, pale skin, dizziness, headache, and rapid or irregular heartbeat. The severity of symptoms depends on the underlying cause and the extent of the anaemia. Mild anaemia may not have any symptoms, while severe anaemia can be life-threatening.

### Types of anaemia

**Iron-deficiency anaemia:** It is the most common type of anaemia, which occurs when the body doesn't have enough iron to produce haemoglobin. This can happen due to a lack of iron in the diet, pregnancy, blood loss, or other medical conditions that prevent the absorption of iron in the body.

**Vitamin-deficiency anaemia:** It occurs when the body doesn't have enough vitamins, such as vitamin B12 or folic acid, which

are necessary for the production of red blood cells. This type of anaemia is common in people who follow a vegetarian or vegan diet or those who have gastrointestinal disorders that affect nutrient absorption.

Anaemia can also be caused by chronic diseases, such as kidney disease, cancer, or inflammatory bowel disease. In these cases, the body may not produce enough red blood cells due to the disease's effects on the bone marrow, which is responsible for producing blood cells.

### Diagnosis of anaemia

It made by a blood test that measures the number of red blood cells and haemoglobin levels in the blood. If a person is diagnosed with anaemia, further tests may be required to determine the underlying cause.

### Treatment for anaemia

Depends on the cause of the condition. Iron-deficiency anaemia can be treated by increasing the intake of iron-rich foods, such as red meat, poultry, fish, and leafy green vegetables. In some cases, iron supplements may be necessary.

Vitamin-deficiency anaemia can be treated by taking supplements or increasing the intake of foods that are rich in vitamins, such as dairy products, meat, fish, and fortified cereals.

Where anaemia is caused by chronic diseases, treating the underlying condition may help to alleviate anaemia symptoms. Blood transfusions may be necessary in severe cases of anaemia.

Anaemia is a common medical condition that can be caused by various factors, including nutritional deficiencies, chronic diseases, or blood loss. Early diagnosis and treatment are essential to prevent complications and improve the quality of life for people with anaemia. A balanced diet, including iron-rich and vitamin-rich foods, can help prevent anaemia in some cases.

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