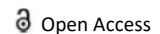




## OPINION ARTICLE



# Causes and Preventions of Anaemia

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## About the Study

Anaemia can be caused by either a congenital (existing at birth) or acquired (late in life) illness (acquired). Anaemia is a condition in which your blood lacks enough red blood cells.

This can occur if your body does not produce enough red blood cells.

When you bleed, you lose red blood cells faster than they can be replaced, and your body kills them.

The majority of your blood cells, including red blood cells, are made on a regular basis in your bone marrow, a spongy substance found within the cavities of many of your large bones. Your body requires iron, vitamin B12, folate, and other nutrients from your diet to form haemoglobin and red blood cells.

## Causes of Anaemia

The causes of various forms of anaemia vary. They are as follows:

**Anaemia is caused by a lack of iron:** This type of anaemia, which is the most common, is caused by a shortage of iron in your body. Iron is required for haemoglobin production in the bone marrow. It's vital to pinpoint the source of iron deficiency in order to avoid anaemia recurrence.

**Anaemia is caused by a lack of vitamins:** To make enough healthy red blood cells, your body requires folate and vitamin B12 in addition to iron. Reduced red blood cell development can be caused by a diet low in these and other essential nutrients. Some people are unable to absorb B12, even if they consume enough of it. As a result, vitamin deficiency anaemia, commonly known as pernicious anaemia, can develop.

**Inflammatory anaemia is a cancer:** HIV/AIDS, rheumatoid arthritis, renal illness, Crohn's disease, and other acute or chronic inflammatory conditions can all cause red blood cell formation to be disrupted.

Aplastic anaemia is a type of anaemia in which the red blood cells do not function properly. This rare, life-threatening

anaemia occurs when your body fails to produce enough red blood cells. Aplastic anaemia is caused by infections, some medicines, autoimmune diseases, and toxic chemical exposure.

**Anaemias linked to bone marrow failure:** Anaemia can be caused by a variety of disorders that impact blood production in the bone marrow, such as leukaemia and myelofibrosis. The symptoms of these malignancies and cancer-like disorders range from minor to life-threatening.

Hemolytic Anaemia is a type of anaemia that affects the blood. When red blood cells are destroyed quicker than bone marrow can replace them, anaemia occurs. A hemolytic anaemia can be inherited or acquired later in life.

Sickle Cell Anaemia (SCA) anaemia that affects Hemolytic anaemia is an inherited and sometimes fatal illness. It's produced by an aberrant crescent (sickle) shape in red blood cells caused by a faulty form of haemoglobin.

## Prevention of anaemia

Many types of anaemia are incurable. However, iron deficiency anaemia and vitamin deficiency Anaemias can be avoided by consuming a diet rich in vitamins and minerals, such as:

- Iron is abundant in beef and other meats, beans, lentils, iron-fortified cereals, dark green leafy vegetables, and dried fruit.
- Folate Fruits and fruit juices, dark green leafy vegetables, green peas, kidney beans, peanuts, and enriched grain products including bread, cereal, pasta, and rice contain this nutrient and its synthetic version, folic acid.
- Vitamin B 12 (cobalamin). Vitamin B 12 is abundant in meat, dairy products, fortified cereals, and soy products.
- Vitamin C is a powerful antioxidant. Citrus fruits and juices, peppers, broccoli, tomatoes, melons, and strawberries are all high in vitamin C.

If you're worried about obtaining enough vitamins and minerals from diet, talk to your doctor about taking a multivitamin.