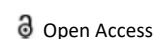




PERSPECTIVE



Types and Symptoms of Anaemia

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Introduction

Anaemia is a disorder in which your body's tissues lack oxygen due to a shortage of healthy red blood cells. Low haemoglobin, sometimes known as anaemia, can make you feel tired and weak. There are various types of anaemia, each with its unique cause.

Anaemia can be mild or severe, and it can last for a short period of time or for a long period of time. In the majority of cases, anaemia is caused by a multitude of reasons. Consult your doctor if you feel you have anaemia.

Treatments for anaemia range from taking vitamins to having medical procedures, depending on the cause. Some types of anaemia can be avoided by eating a well-balanced, varied diet.

Anaemia comes in a variety of forms

Aplastic anaemia: Aplastic anaemia is a type of anaemia that can develop. Aplastic anaemia occurs when your body stops producing enough new blood cells. As a result of the sickness, you'll be weary and more susceptible to infections and excessive bleeding. Aplastic anaemia is a rare and life-threatening disease that can attack anyone at any age.

Iron deficiency or anaemia: Iron deficiency anaemia is a common type of anaemia in which there aren't enough healthy red blood cells in the blood. A shortage of iron in the body causes iron deficiency or anaemia.

People are affected with sickle cell disease, which is a kind of anaemia. Sickle cell anaemia is a hereditary ailment that belongs to the sickle cell disease category. It affects the structure of red blood cells, which are responsible for transporting oxygen throughout the body.

Because red blood cells are usually spherical and flexible, they can easily flow through blood vessels. In sickle cell anaemia, certain red blood cells have the shape

of sickles or crescent moons. Furthermore, sickle cells harden and sticky, slowing or blocking blood flow.

Thalassemia: Thalassemia is a blood disorder in which the body generates much less hemoglobin than it should. Hemoglobin is a protein found in red blood cells that permits them to transport oxygen. Thalassemia can cause anaemia, which can cause fatigue. One may not need treatment, if thalassemia is mild.

Anaemia: Anaemia caused by a lack of vitamins is known as vitamin deficiency anaemia. Vitamin deficiency anaemia is characterised by a lack of healthy red blood cells and is caused by low levels of vitamin B 12 and folate. This can happen if you don't get enough vitamin B 12 or folate-rich foods in your diet, or if your body has trouble absorbing or processing these nutrients.

Symptoms and indicators of anaemia

Fatigue: An overall feeling of depletion or a lack of energy is referred to as fatigue, when you're exhausted. Sleepiness is a sign of tiredness, although it is not the same as fatigue.

Fatigue is a common symptom of a wide range of medical problems, from minor to significant.

Weakness: Weakness can result from a variety of factors that are unrelated to sickness. Excessive tiredness, poor physical conditioning, and recovery after strength training are just a few examples.

Pale or yellow skin: A yellowing of the skin, mucous membranes, or eyes is a sign of jaundice. The yellow colour is caused by bilirubin, a byproduct of ageing red blood cells. Jaundice can indicate a range of health problems.

Chest discomfort: Chest discomfort can manifest itself in a variety of ways, ranging from a sharp stab to a steady ache. At times, chest pain can feel crushing or searing.

In certain cases, the soreness may travel up the neck, into the jaw, and then down the back or one or both arms.

Chest pain can be brought on by a number of things. The most life-threatening organs are the heart and lungs. Because chest pain can indicate a serious problem, it's vital to get medical help as soon as possible.

Hands and feet are cold: Cold hands and feet can be a symptom of PAD, which occurs when plaque builds up inside the artery walls and narrows or blocks the arteries, often in the elderly. Adults over the age of 50 with a

history of diabetes or smoking should be tested, as should everyone over the age of 70.

Headaches: A headache is the most common sort of pain. It's one of the most common reasons people miss work or school, or require medical attention. The most common type of headache is a tension headache. Tension headaches are caused by tense muscles in the shoulders, neck, scalp, and jaw. Anxiety, depression, and stress are usually associated with them.