

Can I help myself?

There are several things you can do to help yourself. These include:

- Eat a healthy diet including fruit, vegetables, eggs, fish or meat and carbohydrates such as potatoes, pasta, rice or bread.
- Talk to your doctor, nurse or midwife if you think you have any of the symptoms of anaemia listed in this leaflet or have noticed blood in your bowel motions or urine or have persistent heavy periods.
- Always discuss any alternative medicine, herbal preparation or over the counter treatments for anaemia with a healthcare professional before taking them, as they may react with any prescribed medications.

Patient Blood Management (PBM)

PBM is a new standard of care that focuses on measures to reduce or avoid the need for a blood transfusion if possible. However, if a transfusion is needed, it makes sure that patients are given only what they really need and that the transfusion is given safely. Recent studies suggest that if PBM is followed and transfusion is reduced or avoided, patients have fewer complications, faster recovery and shorter stays in hospital. During your treatment, a transfusion of red cells or other blood component such as platelets may be required.

Please ask your doctor or nurse for a copy of the other leaflets that are suitable for your proposed treatment pathway.

Book your appointment with us today:

Tel: +971 4 378 6666, www.azhd.ae



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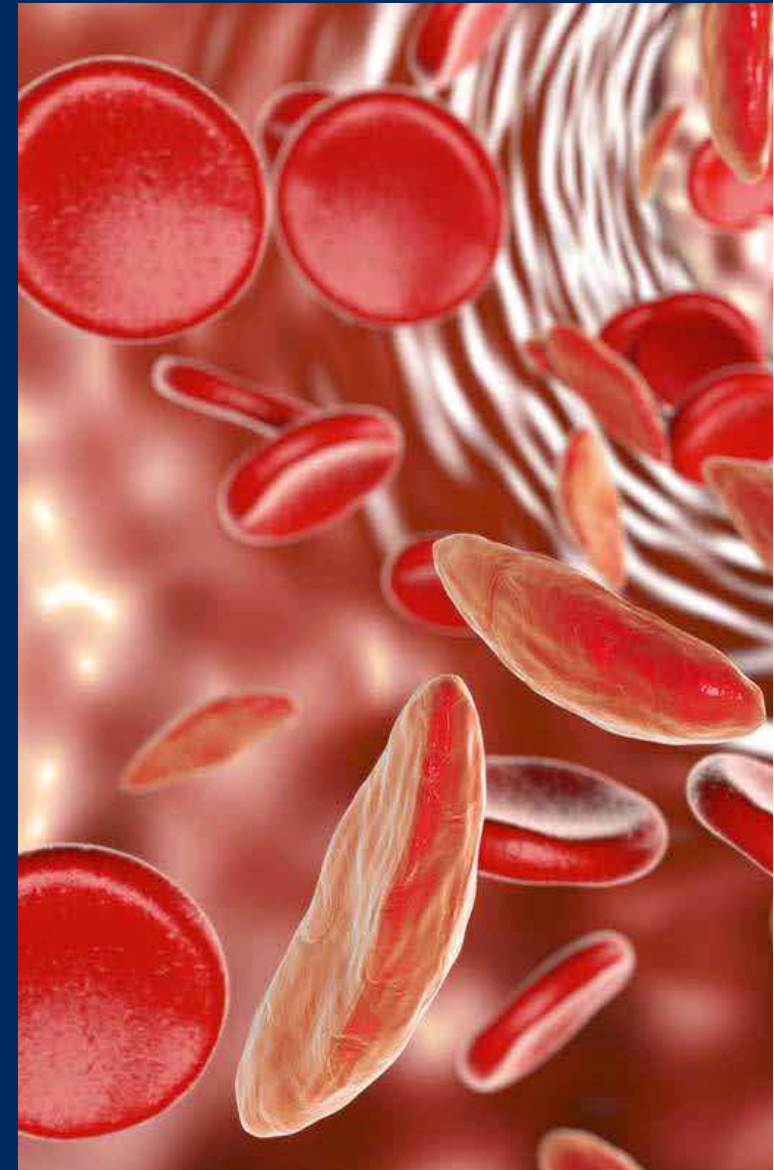
مستشفى الزهراء دبي

AL ZAHRA HOSPITAL DUBAI

Care in Style

رعاية راقية

ANAEMIA



What is anaemia?

Anaemia is the result of either not having enough red cells to take oxygen around the body, or having faulty red cells that are unable to carry enough oxygen. It is measured in the blood by the level of Haemoglobin, sometimes called 'Hb'.

Oxygen is carried by the red cells to all our organs, such as the heart, kidneys, liver and tissues such as muscle, to help them convert food into energy for the body to work. Red blood cells last about 120 days so the body (bone marrow) has to constantly make new ones to replace them.

What are the signs and symptoms of anaemia?

The following can be features of anaemia:

- Weakness
- Cold hands or feet
- Chest pain
- Shortness of breath
- Fast or irregular heartbeat
- Pounding or "whooshing" in your ears
- Headache
- Pale or yellow skin
- Lack of concentration
- Dizziness



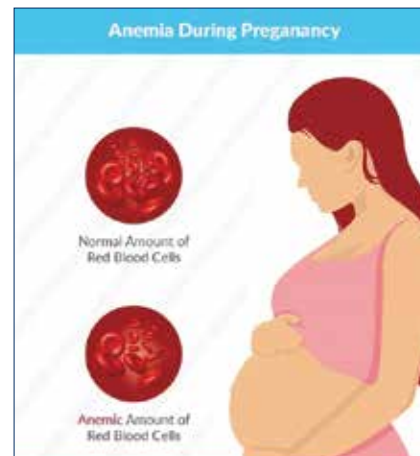
Am I at risk of anaemia?

Anaemia can be caused in many ways. You are at a higher risk if you are young and have not built up a store of iron, essential vitamins and minerals, have a diet lacking in essential vitamins and minerals, or suffer from a variety of diseases such as inflammatory bowel disease, bone marrow disorders, chronic illnesses such as rheumatoid arthritis, heart disease, chronic liver diseases or severe infections.

You would also be at risk if you have bowel cancer or have recently had major surgery.

Girls and women having periods can also become anaemic. Pregnant women may become anaemic as the baby takes essential iron for its own development from their mother.

The risk of anaemia also increases with age as our stores of vitamins and minerals decrease.



Are there different types of anaemia?

Yes, there are many different types of anaemia. Some of the commonest types are listed below.

Anaemia due to an under-production of red cells can have different causes including:

- Iron deficiency anaemia
- Vitamin B12 or Folate deficiency: Examples of this include pernicious anaemia and coeliac disease.
- Anaemia of chronic illness

What tests are done to see if I am anaemic?

Blood Tests

- Full Blood Count
- Vitamin B12 and Folate levels
- Ferritin and Iron Saturation levels
- Direct Antiglobulin Test (DAT)
- Blood chemistry tests to demonstrate whether organs such as the liver and kidneys are working well.

Bone marrow biopsy

- This is rarely required and will only be carried out by a specialist in a hospital.

Other investigations

These may include tests to see if there is bleeding somewhere eg:

- Bowel investigations such as colonoscopy (examination of the bowel)
- Endoscopy (examination of the gut)
- Gynaecological (female reproductive system)
- Urinary tract investigations such as cystoscopy (examination of the bladder).

What treatments are available?

There are two general approaches to the treatment of anaemia:

1. Replacement therapy: there are several different types of treatment available which might include oral iron tablets, intravenous iron, iron injections and blood transfusion.
2. Treatment of the underlying problem or disease

You may wish to discuss what is the best treatment for you with your doctor.