

Anaemia

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Anaemia is a decrease in your body's ability to carry oxygen due to , among others, red blood cell defects. There are various causes of anaemia like iron deficiency, blood loss and chronic diseases. Women are at a higher risk of developing anaemia due to blood loss during menstruation.

Symptoms

The symptoms of anaemia may initially be vague. Symptoms include:

- Feeling tired all the time
- Weakness
- Poor concentration
- Shortness of breath
- Poor ability to exercise
- Confusion
- Fainting
- Noticeably pale

Causes

The most common causes of anaemia are iron deficiency and chronic diseases. Other causes include:

- Blood loss
 - (trauma, menstruation)
- Decreased red blood cell production
 - (iron/ vitamin B12/ folate deficiencies, various cancers)
- Increased red blood cell breakdown
 - (genetic conditions, various cancers)

Diagnosis

Anaemia can be diagnosed by looking at the symptoms and doing a quick test to test the hemoglobin level in your blood. To determine the cause of anaemia a more detailed blood test can also be done.

Treatment

Anaemia can become serious if not managed properly. It is thus essential to see a doctor if you experience symptoms of anaemia (see above). The treatment method are based on the cause of the anaemia. Treatment may entail iron supplements or even blood transfusions. A doctor will decide on the best way to manage your anaemia.

