

Anemia

A person with anemia has fewer red blood cells in his or her blood than the normal level. Red blood cells carry oxygen to all the cells in the body. When the number of red blood cells is lower than normal, less oxygen is carried in the blood.

Signs

A person with anemia may not notice any signs. As anemia gets worse, you may have:

- Fatigue – feel weak or tired
- Dizziness or feel faint
- Cold hands or feet
- Headaches
- Pale skin or nails that break easily
- Trouble thinking clearly or a hard time concentrating
- Shortness of breath or chest pain
- A fast or irregular heart beat
- Fewer menstrual periods or increased bleeding during menstrual periods

Talk to your doctor if you have any of these signs. **Call 911** if you have shortness of breath or chest pain.

Causes

The causes of anemia include:

- Problems with how iron is used by the body
- Not eating enough iron-rich foods
- Bleeding or blood loss, such as from heavy menstrual periods

Anemija

Osoba koja ima anemiju, u krvi ima manji broj crvenih krvnih stanica nego što je normalno. Crvene krvne stanice prenose kisik u sve dijelove tijela. Kada je broj crvenih krvnih stanica niži od normalnog, manje kisika dolazi u krv.

Simptomi

Može se desiti da osoba koja ima anemiju ne osjeća nikakve simptome. Kako se anemija pogoršava, možete osjetiti:

- malaksalost – slabost ili umor
- vrtoglavicu ili nesvjesticu
- hladne ruke i stopala
- glavobolje
- blijedu kožu ili nokte koji lako pucaju
- teškoće da jasno razmišljate ili da se koncentrišete
- kratkoću daha ili bol u prsima
- ubrzane ili neujednačene otkucaje srca
- rjeđe menstruacije ili pojačano krvarenje u toku menstruacije

Ukoliko imate bilo koji od dole navedenih simptoma, obratite se svom ljekaru: **Nazovite 911** ako Vam ponestaje daha ili osjećate bol u prsima.

Uzroci

Uzroci anemije uključuju:

- probleme s načinom na koji se željezo troši u organizmu
- nedovoljno unošenje hrane bogate željezom
- krvarenje ili gubitak krvi, kao što su obilne menstruacije

- Pregnancy
- A lack of folate or B-12 vitamins in the body
- Treatments for some diseases, such as cancer, that make it harder for the body to make new red blood cells
- Sickle-cell disease where the body destroys too many red blood cells
- Immune system problems where the body destroys or cannot make red blood cells
- Babies less than one year old who drink cow's or goat's milk
- Babies who are fed formula that does not have extra iron

Your Care

Your doctor will do tests to find the cause of your anemia and to plan your treatment. You may need to:

- Eat a healthy diet that includes fruits, vegetables, breads, dairy products, meat and fish. Eat more iron-rich foods such as lean beef, pork or lamb, poultry, seafood, iron-fortified cereals and grains, green leafy vegetables such as spinach, nuts and beans. Your doctor may want you to meet with a dietitian to plan healthy meals.
- Take vitamin or iron supplements.
- Get a blood transfusion to treat blood loss. Blood is given through an intravenous (IV) line into a blood vessel.
- Have other treatments such as medicines or surgery to treat the cause of your anemia.

Talk to your doctor or nurse if you have any questions or concerns.

- trudnoću
- nedostatak folne kiseline ili vitamina B-12 u organizmu
- liječenje pojedinih bolesti, kao što je karcinom, što može organizmu otežati proces proizvodnje novih crvenih krvnih ćelija
- srp-cell anemija pri kojoj organizam uništava jako veliki broj crvenih krvnih ćelija
- probleme imunog sistema pri čemu organizam uništava ili ne može proizvoditi crvene krvne ćelije
- bebe mlađe od godinu dana koje piju kravlje ili kozje mlijeko
- bebe koje se hrane formulom s nedovoljno željeza

Njega

Vaš ljekar će uraditi pretrage da pronade uzrok anemije i napraviti plan liječenja. Možda ćete trebati uraditi sljedeće:

- jesti zdravu hranu koja sadrži voće, povrće, hljeb, mliječne proizvode, meso i ribu unositi više hrane bogate željezom kao što su nemasna govedina, svinjetina ili jagnjetina, perad, morski plodovi, pahuljice i žitarice obogaćene željezom, zeleno lisnato povrće poput špinata, orašaste plodove i mahunarke.
- uzimati vitamine ili dodatke željeza.
- podvrći se transfuziji krvi zbog liječenja gubitka krvi krv dospijeva u krvne sudove uz pomoć intravenskog sistema
- uzroke anemije liječite i drugim sredstvima kao što su lijekovi ili hirurške operacije

Posavjetujte se sa Vašim ljekarom ili medicinskom sestrom ako imate bilo kakvih pitanja ili briga.

2005 – 1/2011 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Anemia. Bosnian.