

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

貧血

貧血の人は、正常の人よりも赤血球の量が不足しています。赤血球は全身の細胞に酸素を運ぶ働きをします。赤血球数が正常より減少すると、血液で運ばれる酸素量が低下します。

兆候

貧血は必ずしも自覚症状があるとは限りません。貧血が悪化すると、以下の兆候が見られる場合があります。

- 倦怠感 – 脱力感や疲れ
- めまいやふらつき
- 手足の冷え
- 頭痛
- 皮膚が蒼白になったり、爪が割れやすくなる
- 思考の乱れや集中力の低下
- 息切れまたは胸痛
- 心拍数の増加や不整脈
- 生理周期の長期化、または生理期間中の出血の増加

これらのいずれかの症状が出た場合は、担当医と相談してください。息切れや胸痛をおぼえたら、**911** に電話して緊急連絡をしてください。

原因

貧血には以下の原因が考えられます。

- 体内における鉄分の利用方法に問題がある
- 鉄分が豊富な食品を十分に摂取していない
- 重い生理などによる出血や失血

- 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.

- 妊娠
- 体内の葉酸または B-12 ビタミン不足
- がん等、体内で新しい赤血球の生産が困難になる病気の治療
- 多量の赤血球を破壊する、鎌状赤血球貧血症
- 赤血球を破壊する、または赤血球を生産できなくする免疫系の問題
- 1 才未満の乳児に牛乳またはヤギの乳を与えている場合
- 乳児に鉄分を十分に含まないミルクを与えている場合

対処法

担当医が検査を行って貧血の原因を探し、治療計画を立てます。以下のことが必要になる場合があります。

- 果物、野菜、パン、乳製品、肉、魚などを含む健康的な食事をとります。脂肪分がカットされた牛肉、豚肉、羊肉、鶏肉、魚介類、鉄分強化されたシリアルや穀類、ほうれん草などの葉野菜、ナッツ類、豆類など鉄分が豊富な食品を食べます。健康的な食事の計画を立てるために栄養士と相談するよう、医師から勧められることもあります。
- ビタミン剤や鉄分のサプリメントをとります。
- 失血に対しては輸血療法を受けます。点滴 (IV) ラインから血液を投与します。
- そのほか、貧血の原因に対して薬物療法や手術の治療を受けます。

質問や不明な事項については、主治医または看護師にご相談ください。

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Anemia. Japanese.