

# 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

# 贫血

贫血患者的红血球数量低于正常水平。红血球将氧输往身体的各个细胞。当红血球数量低于正常水平时，血液中的含氧量就减少。

## 症状

贫血初期可能无任何症状，但是随着病情的加重，患者可能会出现以下症状：

- 疲劳 - 感到虚弱或疲惫
- 头晕或晕厥
- 手脚发凉
- 头痛
- 肤色苍白或指甲容易折断
- 很难保持思维清晰或很难集中注意力
- 呼吸短促或胸痛
- 心跳加速或心律不齐
- 经期缩短或者经期出血量增加

如果您有上述任何症状，请告知您的医生。如果您感到呼吸短促或胸痛，请拨打 **911**。

## 原因

贫血的原因包括：

- 体内铁质的吸收出现问题
- 未摄取富含铁质的足够食物
- 出血或失血，如经血过多

- 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
- 体内缺乏叶酸或 B-12 维生素
- 由于某些疾病（如癌症）的治疗而使新的红血球较难生成
- 镰状红细胞疾病，导致体内过多红血球坏死
- 免疫系统的问题使身体破坏或者无法产生红血球
- 小于一岁的宝宝饮用牛奶或羊奶
- 喂养宝宝的乳品中未含有充足的铁质

## 医疗护理

您的医生将做测试以找出您的贫血原因并对您的治疗进行安排。您可能需要：

- 吃健康食品，包括水果、蔬菜、面包、乳制品、肉和鱼。吃更多的富含铁的食物，如瘦牛肉、猪肉或羊肉、禽肉、海鲜、铁强化麦片和谷物类、诸如菠菜的叶状蔬菜、坚果和豆类等。您的医生可能想要您见营养师以安排健康饮食。
- 服用维生素或铁补充剂。
- 接受输血以补充所失的血液。通过静脉输液导管将血液输到血管中。
- 用其它的治疗方法根治贫血，例如药物或手术。

如有任何疑问或关注事宜，请告知您的医生或护士。

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Anemia. Simplified Chinese.