



## Treatment of Anemia Depends on its Cause

Robina Aerts\*

Department of Internal Medicine, University of Hospitals Leuven, Belgium

### DESCRIPTION

Anemia results from a lack of red blood cells or malfunctioning red blood cells in the body. This reduces the oxygen supply to the body's organs. Symptoms may include feeling tired, pale skin, shortness of breath, light-headedness, dizziness, or rapid heart-beat. Treatment depends on the underlying diagnosis. Iron supplementation is effective for iron deficiency. If vitamin levels are low, vitamin B supplements can be used. Blood transfusions can be used for blood loss. If the body's blood production is reduced, drugs that stimulate blood production can be used. If you suspect anemia, see your doctor. Treatment of Anemia varies from taking dietary supplements to medical interventions, depending on the cause. Eating a healthy and varied diet may help prevent certain types of anemia. Anemia is called anemia. Anemia affects different people in different ways. Newborn: Some infants are born with a low red blood cell count. Most newborns do not require treatment for anemia, but some severe anemia may require a blood transfusion. Infant: When toddlers start eating solid foods, they may be getting more iron than they need. This is because the iron in solid foods is not as easily absorbed as the iron in breast milk or formula. Infants with anemia may appear lethargic. Children: Children grow a lot between birth and two years old. Children with growth spurts need more iron. Children with anemia can develop related problems, such as delayed motor development and learning disabilities. Pregnant Women: Pregnant women can develop iron deficiency anemia, which can increase the risk of complications such as premature birth and low birth weight babies. Females and Persons Designated Female at Birth (DFAB): A woman and her DFAB patient with conditions such as heavy menstruation (menstrual bleeding) or uterine fibroids can lose blood and develop anemia. For those aged 65 and over: People over the age of 65 are more likely to have

an iron-poor diet and certain chronic conditions that increase the risk of developing anemia. If you have anemia, you may have heart problems or your body may become weak and difficult to move. You may feel confused or depressed. Those with chronic illnesses: Some chronic diseases, such as autoimmune diseases and cancer, can increase the risk of anemia. This is the chronic disease anemia. Iron deficiency anemia is most often due to blood loss. If you have iron deficiency anemia, your doctor may order tests to see if you're losing blood from your stomach and intestines may be due to poor quality of food or inability to absorb vitamins in the digestive tract. Treatment can range from dietary changes to taking nutritional supplements. If the anemia is due to a chronic disorder, treating the underlying disorder often corrects the anemia. Under certain circumstances, for example, if you have chronic kidney disease, your doctor may prescribe drugs such as erythropoietin injections to encourage your bone marrow to produce more red blood cells. Anomalous anemia occurs when the bone marrow stops producing red blood cells. Aplastic anemia can be caused by primary bone marrow failure, myelodysplasia (a condition in which the bone marrow does not mature normally and produces abnormal red blood cells), or possibly a side effect of some drugs. If you think you have aplastic anemia, your doctor may refer you to a haematologist for a bone marrow biopsy to determine the cause of your anemia. Drugs and blood transfusions can be used to treat aplastic anemia.

### ACKNOWLEDGEMENT

None.

### CONFLICT OF INTEREST

Author declares that there is no conflict of interest.

<b>Received:</b>	30-November-2022	<b>Manuscript No:</b>	IPCPDR-23-15488
<b>Editor assigned:</b>	02-December-2022	<b>PreQC No:</b>	IPCPDR-23-15488 (PQ)
<b>Reviewed:</b>	16-December-2022	<b>QC No:</b>	IPCPDR-23-15488
<b>Revised:</b>	21-December-2022	<b>Manuscript No:</b>	IPCPDR-23-15488 (R)
<b>Published:</b>	28-December-2022	<b>DOI:</b>	10.36648/2472-0143.22.8.029

**Corresponding author** Robina Aerts, Department of Internal Medicine, University of Hospitals Leuven, Belgium, E-mail: Aerts123@gmail.com

**Citation** Aerts R (2022) Treatment of Anemia Depends on its Cause. Clin Pediatr Dermatol. 8:029.

**Copyright** © 2022 Aerts R. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.