



Pre-operative anemia can increase the risk of requiring a blood transfusion

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Editorial

Anemia (also spelled anemia) may be a decrease within the total amount of red blood cells (RBCs) or hemoglobin within the blood or a lowered ability of the blood to hold oxygen. When anemia comes on slowly, the symptoms are often vague and should include feeling tired, weakness, shortness of breath, and a poor ability to exercise. When the anemia comes on quickly, symptoms may include confusion, feeling like one goes to pass out, loss of consciousness, and increased thirst. Anemia must be significant before an individual becomes noticeably pale. Additional symptoms may occur counting on the underlying cause. For people that require surgery, pre-operative anemia can increase the danger of requiring a transfusion following surgery. Anemia is that the commonest blood disease, and consistent with the National Heart, Lung, and Blood Institute, it affects quite 3 million Americans.

Red blood cells carry hemoglobin, an iron-rich protein that attaches to oxygen within the lungs and carries it to tissues throughout the body. Anemia occurs once you don't have enough red blood cells or when your red blood cells don't function properly. It's diagnosed when a biopsy shows a hemoglobin value of but 13.5 gm/dl during a man or but 12.0 gm/dl during a woman. Normal values for youngsters vary with age. Once you have anemia, your body lacks oxygen, so you'll experience one or more of the subsequent symptoms:

- Weakness
- Shortness of breath
- Dizziness
- Fast or irregular heartbeat
- Pounding or "whooshing" in your ears
- Headache
- Cold hands or feet
- Pale or yellow skin
- Chest pain

Red blood cells contain hemoglobin — an iron-rich protein that provides blood its red color. Hemoglobin enables red blood cells to hold oxygen from your lungs to all or any parts of your body and to hold CO₂ from other parts of the body to your lungs to be exhaled. Most blood cells, including red blood cells, are produced regularly in your bone marrow — a spongy material found within the cavities of the many of your large bones.

To supply hemoglobin and red blood cells, your body needs iron, vitamin B-12, folate and other nutrients from the foods you eat. These factors place you at increased risk of anemia. A diet lacking in certain vitamins and minerals: A diet consistently low in iron, vitamin B-12 and folate increases your risk of anemia.

Intestinal disorders: Having an intestinal disorder that affects the absorption of nutrients in your intestine — like regional enteritis and disorder — puts you in danger of anemia.

Menstruation: generally, women who haven't had menopause have a greater risk of iron deficiency anemia than do men and postmenopausal women. Menstruation causes the loss of red blood cells.

Pregnancy: If you're pregnant and are not taking a multivitamin with vitamin B and iron, you're at an increased risk of anemia. Chronic conditions: If you've got cancer, renal failure, diabetes or another chronic condition, you'll be in danger of anemia of chronic disease. These conditions can cause a shortage of red blood cells. Slow, chronic blood loss from an ulcer or other source within your body can deplete your body's store of iron, resulting in iron deficiency anemia.

Family history: If your family features a history of an inherited anemia, like red blood cell anemia, you furthermore may could be at increased risk of the condition.

Other factors: A history of certain infections, blood diseases and autoimmune disorders increases your risk of anemia. Alcoholism, exposure to toxic chemicals, and therefore the use of some medications can affect red blood corpuscle production and cause anemia.

Age: People over age 65 are at increased risk of anemia.

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