

贫血

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
- Pregnancy

贫血患者的血液中，红细胞会低于正常水平。红细胞的功能是将氧气送到体内的所有其他细胞。当红细胞的数量低于正常数量时，血液中携带的氧气就会减少。

症状

贫血患者可能不会出现任何症状。随着贫血日益严重，您可能出现：

- 疲倦—感到虚弱或疲劳
- 头晕或晕眩
- 手脚冰冷
- 头痛
- 皮肤苍白或指甲容易折断
- 思路难以清晰或很难集中精力
- 呼吸急促或胸痛
- 心跳快速或不规则
- 经期减少或经期出血增加

如果出现任何以上症状，请寻求医生建议。

如果呼吸急促或胸痛，请致电 911。

原因

贫血的原因包括：

- 体内使用铁元素的方式有问题
- 未摄入足够铁含量高的食物
- 流血或失血，例如月经来潮时
- 妊娠

- 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
- 体内缺乏叶酸或 B-12 维生素
- 某些疾病（例如癌症）的治疗，会导致身体更难制造红细胞
- 镰状细胞病会破坏体内大量的红细胞
- 免疫系统问题导致身体无法制造红细胞，或破坏这一功能
- 一岁以下的婴儿，使用牛奶或山羊奶喂养
- 婴儿配方奶中铁含量不足

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.

医疗护理

医生将进行检查，找出导致贫血的原因并制定治疗方案。您可能需要：

- 饮食健康，包括水果、蔬菜、面包、乳制品、肉和鱼。多吃铁含量高的食物，例如瘦牛肉、猪肉或羊肉、家禽、海鲜、铁强化的谷类和谷物、绿叶蔬菜例如菠菜、坚果和豆类。医生可能希望您与营养师会面以计划健康的饮食。
- 服用维生素或补铁剂。
- 进行输血治疗失血。血液通过静脉（IV）管进入血管。
- 进行其他治疗，例如药物或手术，以治疗您的贫血原因。

如果有任何疑问或担心，请咨询医生或护士