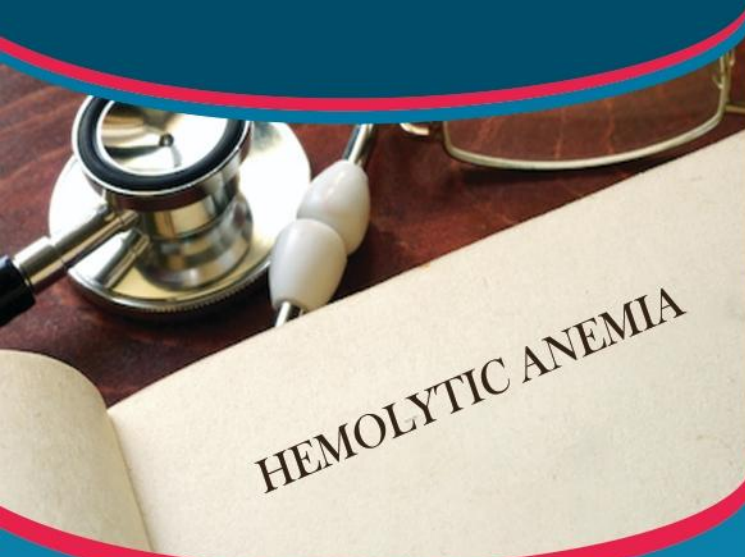




Hemolytic Anemia



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Blood transfusions , Corticosteroid medicines
, Treatment to strengthen your immune
system (using intravenous immune globulin) ,
Rituximab

In more severe cases, the following treatments
may be needed:

Surgery to remove the spleen , Medicine to
reduce the strength of your immune system
(immunosuppressive therapy)

► Lifestyle and diet recommended ◀ for hemolytic anemia

Rest as much as possible. Hemolytic anemia
can cause you to feel more tired than usual.

Eat a variety of healthy foods. This may help
you have more energy and heal faster.

Healthy foods include fruit, vegetables,
whole-grain breads, low-fat dairy products,
beans, lean meat, and fish.

Drink liquids. Best liquids are water, juice,
and milk.

Do exercise. Exercise can decrease your
blood pressure and improve your health.

Reduce the risk of infections by:

Staying away from people who are sick
avoid the cold, wear warm clothes, and keep
home warmer

Avoiding large crowds

Washing your hands often

Avoiding undercooked foods

Brushing your teeth regularly

Getting a flu shot each year



Mechanical heart valves that may damage red
blood cells as they leave the heart

A severe reaction to a blood transfusion

Some types of acquired hemolytic anemia are
short-term (temporary) and go away over
several months. Other types can persist for a
longtime (chronic). They may go away and
come back again over time.

► symptoms of hemolytic anemia ◀

Each person's symptoms may vary

Symptoms may include:

Abnormal paleness or lack of color in skin ,

Yellowish skin, eyes, and mouth (jaundice) ,

Dark-colored urine , Fever , Weakness ,

Dizziness , Confusion , Can't handle physical
activity , Enlarged spleen and liver , Increased
heart rate (tachycardia) , Heart murmur

► Treatment for hemolytic anemia ◀

The treatment for hemolytic anemia will vary
depending on the cause of the illness.

Treatment may include:



Hemolytic Anemia

▶ Hemolytic Anemia ◀

Hemolytic anemia is a disorder that red blood cells are destroyed faster than they can be made. The destruction of red blood cells is called hemolysis.

Red blood cells carry oxygen to all parts of the body. If the amount of red blood cells would be lower than normal, that's anemia. When someone has anemia, their blood cannot bring enough oxygen to all tissues and organs. Without enough oxygen, the body cannot work as well as it should be.

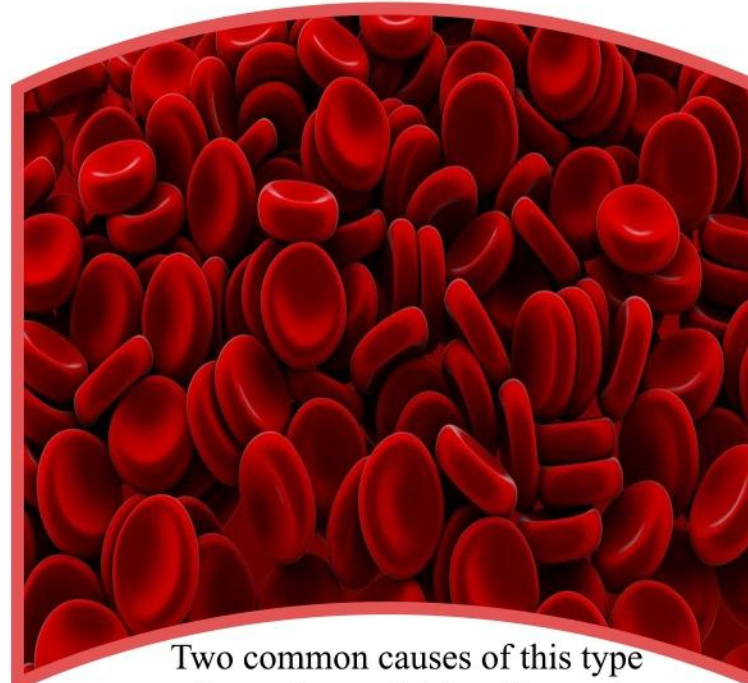
Hemolytic anemia can be inherited or acquired: Inherited hemolytic anemia happens when parents pass the gene for the condition on to their children.

Acquired hemolytic anemia is not something to be born with. The body develops the condition later.

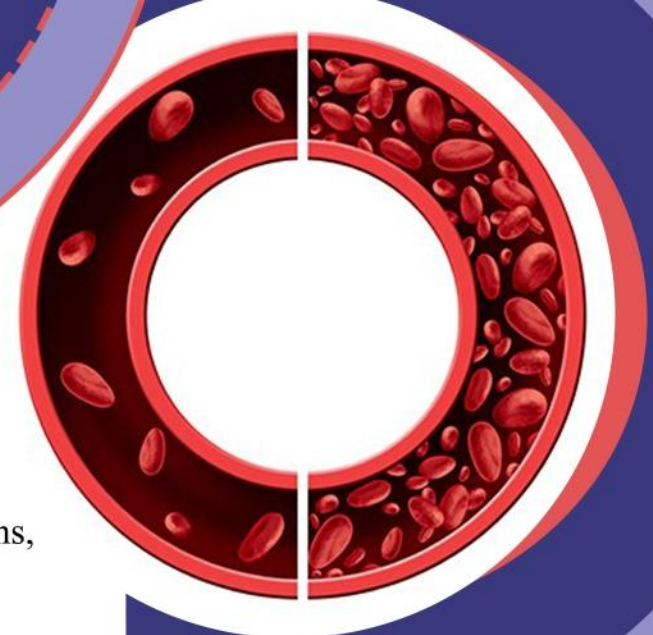
▶ What causes hemolytic anemia ◀

There are 2 main types of hemolytic anemia: inherited and acquired. Different diseases, conditions, or factors can cause each type:

▶ **Inherited:** With the inherited type, parents pass the genes for the condition on to their children.



Two common causes of this type of anemia are sickle cell anemia and thalassemia. These conditions produce red blood cells that don't live as long as normal red blood cells.



▶ **Acquired:** With this type of anemia, the patient was not born with it in a certain condition. Their body makes normal red blood cells, but they are later destroyed. This may happen because of:

- ▶ Certain infections, which may be viral or bacterial
- ▶ Medicines, such as penicillin, antimalarial medicines, sulfa medicines, or acetaminophen
 - ▶ Blood cancers
- ▶ Autoimmune disorders, such as lupus, rheumatoid arthritis, or ulcerative colitis
 - ▶ Certain tumors
- ▶ An overactive spleen (hypersplenism)