

Anemia

Anemia is a lower than normal red blood cell count. Red blood cells carry oxygen to all parts of the body. When there is a low number of red blood cells, less oxygen is getting to the parts of the body. This can make a person feel tired and weak.

Causes

- Problems with how iron and other foods are used by the body
- Not eating enough iron-rich foods
- Bleeding in the mouth, esophagus, stomach or intestines
- Vaginal bleeding or heavy menstrual flow
- 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

Signs

If you have any of these signs, talk to your doctor.

- Feeling weak or tired
- Pale skin, lips, gums, lining of eyes, nails or palms of hands
- Trouble thinking clearly or feeling confused
- Dizziness or faintness
- Shortness of breath or chest pain
- Rapid heart beat
- Babies and children may grow too slowly

Your Care

Your doctor will do tests to find the cause of your anemia and to plan your treatment. Your treatment may include:

- Eating healthy meals that include fruits, vegetables, breads, dairy products, meat and fish. Eat iron-rich foods such as leafy vegetables, red meats, nuts and beans. Your doctor may want you to meet with a dietitian to plan healthy meals.
- Taking an iron supplement.
- Drinking 6-8 glasses of liquids each day.
- Getting a transfusion to replace iron and blood that you have lost.

贫血

贫血是红血球计数低于常态。红血球将氧输往身体的各个部分。红血球计数低时，输往身体各部分的氧就减少了。这使人感到疲累和虚弱。

原因

- 身体吸收铁和其他食物有问题
- 未吃充足的富含铁的食物
- 口腔、食道、胃或肠出血
- 阴道出血或月经流量大
- 不到一岁喝牛奶或羊奶的宝宝
- 给宝宝所喂的婴儿奶中未额外加铁

症状

如果您有任何这些症状，请告知您的医生。

- 感觉虚弱或疲累
- 皮肤、嘴唇、牙龈、眼线、指甲或手掌苍白
- 清楚地思维有困难或感到迷惑
- 头晕或衰弱
- 呼吸急促或胸痛
- 心跳快
- 宝宝和孩子可能生长太缓慢

您的医疗

您的医生将做测试找出您的贫血原因并计划您的治疗。您的治疗可能包括：

- 吃健康饮食，包括水果、蔬菜、面包、乳制品、肉和鱼。吃富含铁的食物，如带叶的蔬菜、红肉、坚果和豆类。您的医生可能想要您见一见营养师以计划健康饮食。
- 吃铁补充剂。
- 每天喝 6-8 杯液体。
- 输血补充您所失的铁和血液。

Call your doctor **right away** if you:

- Are too dizzy to stand up
- Have shortness of breath

Talk to your doctor or nurse if you have any questions or concerns.

如果您有以下症状，请**立刻**打电话给您的医生：

- 太晕眩而无法站立
- 呼吸急促

如有任何疑问或关注事宜，请告知您的医生或护士。

Anemia. Simplified Chinese.

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