فقيه

مجموعة فقيه للرعاية الصحية
Fakeeh Care Group

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BLOOD DISORDERS

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Blood disorders are diseases that affect the blood and the organs responsible for its formation, such as red blood cells, white blood cells, platelets, bone marrow, lymph nodes, and spleen. These disorders range from mild to severe and require timely diagnosis and treatment.

Types of Blood Disorders:

1. Anemia

- Iron Deficiency Anemia
- Anemia Due to Vitamin B12 or Folic Acid Deficiency
- Hemolytic Anemia
- Sickle Cell Anemia
- Aplastic Anemia

2. Bleeding and clotting disorders:

- Hemophilia (A and B)
- Von Willebrand disease
- Platelet dysfunction
- Thrombocytopenia
- Deep vein thrombosis
- Pulmonary embolism
- Antiphospholipid antibody syndrome

3. Hematologic malignancies (blood cancers):

- Leukemia (acute and chronic)
- Lymphoma (Hodgkin's and non-Hodgkin)
- Multiple myeloma
- Myelodysplastic syndromes
- Myeloproliferative neoplasms (such as polycythemia Vera and essential thrombocythemia)

Causes of Blood Disorders:

1. Genetic factors
2. Nutrient deficiencies (such as iron or vitamin B12).

3. Chronic diseases (such as chronic kidney failure and autoimmune diseases).
4. Viral or bacterial infections (such as HIV, hepatitis, and parvovirus B19).
5. Cancer.
6. Certain medications or treatments (such as chemotherapy or some antibiotics).
7. Immune system dysfunction.

Symptoms vary depending on the type of disease, but common symptoms include:

1. Pale or yellowing skin
2. Easy bruising or prolonged bleeding
3. Shortness of breath
4. Swollen lymph nodes
5. Leg swelling and pain
6. Fatigue or rapid exhaustion
7. Dizziness or lightheadedness
8. Recurrent infections or fever
9. Bone or joint pain
10. Rapid or irregular heartbeat
11. Unexplained weight loss
12. Night sweats

How to manage blood disorders at home:

1. Adhere strictly to the treatment plan, including the timing of taking medications.
2. Follow a healthy diet rich in iron, folic acid, and vitamin B12, and avoid processed foods.
3. Stay hydrated by drinking adequate fluids.
4. Avoid contact with people with illnesses, especially during chemotherapy or when your immune system is weak.
5. Use preventative measures (such as vaccinations and good personal hygiene) to reduce the risk of infection.
6. Monitor symptoms and report any new or worsening symptoms to your doctor.
7. Avoid strenuous activities if your blood cell counts are low or if you feel weak.
8. Schedule follow-up appointments for checkups and updating your treatment plan.
9. Get enough rest.

When to Contact Your Doctor (Non-Emergency):

1. New or ongoing symptoms
2. Side effects from medications
3. Questions about the treatment plan

You should go to the emergency room immediately in the following cases:

1. Severe fatigue
2. Sudden swelling of the extremities or face
3. Severe or uncontrolled bleeding
4. Sudden fever
5. Chest pain or pressure
6. Difficulty breathing or rapid heartbeat
7. Confusion, fainting, or loss of consciousness
8. Seizures
9. Severe headache or changes in vision
10. Rapidly swollen lymph nodes

This is general information and we advise you to consult a specialist doctor.

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