貧血

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.

貧血の人は、血液中の赤血球の数が正常値を下回っています。赤血球は、身体のあらゆる細胞に酸素を供給する働きをします。赤血球の数が正常値を下回っていると、血液で運ばれる酸素量が低下します。

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

兆候

貧血の人は、徴候があっても気がつかない場合があります。貧血が悪化すると、以下の症状が起きる場合があります。

- 倦怠感 だるさや疲れ
- めまいや失神感
- 手や足の冷え
- 頭痛
- ・ 皮膚蒼白、爪が割れやすい
- 思考のみだれ、集中できない
- 息切れや胸痛
- ・ 脈動が速い、または不規則
- ・ 生理が減ったり、生理中の出血が増える 以上のいずれかの症状が出た場合は、主治医 に相談してください。

息切れや胸痛がしたら、911 に電話してください。

原因

貧血の原因には以下のものがあります。

- 身体が鉄分が吸収できない問題がある
- 鉄分が豊富な食物が不足している
- 重い生理などによる出血や失血
- 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

- 葉酸またはB-12ビタミンの不足
- 体内での新しい赤血球の生産が困難になる病気 (がんなど) の治療
- 体が赤血球を過剰に破壊する鎌状赤血球 病
- 体が赤血球を破壊したり、赤血球を生産できない免疫システムの疾患
- 1歳未満の乳児に牛乳や山羊乳が与えている場合
- 乳児に追加鉄分のない調合乳を与えている場合

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.

ケア

主治医が貧血の原因を調べる検査を実施し、 治療計画を立てます。以下の必要があるかも 知れません。

- ・ 果物、野菜、パン、乳製品、肉および魚を含め、健康的な食物を食べること。牛、豚、ラム、鶏の赤身肉、魚介類、鉄分補給用のシリアルや穀類、ほうれん草などの葉野菜、ナッツ、豆など、鉄分豊富な食物を食べること。健康的な食生活を送るために、主治医が栄養士と相談するよう勧める場合があります。
- ビタミン剤や鉄分サプリメントを服用する こと。
- 失血の治療には輸血を受けること。輸血では、点滴で血液を血管に送り込みます。
- 貧血の原因を治療するための薬の使用や 手術など、その他の治療を受けること。

質問や不明な事項については、主治医または 看護師にご相談ください。

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