

Journal of Medicine and Medical Sciences Vol. 11(3) pp 1, November 2020 DOI: http:/dx.doi.org/10.14303/jmms.2020.e105 Available online http://www.interesjournals.org/JMMS Copyright ©2020 International Research Journals

**Editorial Note** 

## A short note on Blood disorders

## Ali Moosa Mahzari<sup>\*</sup>

Associate Professor, Clinical Biochemistry, Albaha University, Albaha, Kingdom of Saudi Arabia

\*Corresponding author's Email: m6m12@hotmail.com

## EDITORIAL

Blood disorders that affect red blood cells include: Anemia : People with anemia have a low number of red blood cells. Mild anemia often causes no symptoms. More severe anemia can cause fatigue, pale skin, and shortness of breath with exertion.

Anemia of chronic disease: People with chronic kidney disease or other chronic diseases tend to develop anemia. Anemia of chronic disease does not usually require treatment. Injections of a synthetic hormone, epoetin alfa (Epogen or Procrit), to stimulate the production of blood cells or blood transfusions may be necessary in some people with this form of anemia.

Pernicious anemia (B12 deficiency): A condition that prevents the body from absorbing enough B12 in the diet. This can be caused by a weakened stomach lining or an autoimmune condition. Besides anemia, nerve damage (neuropathy) can eventually result. High doses of B12 prevent long-term problems.

Aplastic anemia: In people with aplastic anemia, the bone marrow does not produce enough blood cells, including red blood cells. This can be caused by a host of conditions, including hepatitis, Epstein-Barr, or HIV -- to the side effect of a drug, to chemotherapy medications, to pregnancy. Medications, blood transfusions, and even a bone marrow transplant may be required to treat aplastic anemia.

Autoimmune hemolytic anemia: In people with this condition, an overactive immune system destroys the body's own red blood cells, causing anemia. Medicines that suppress the immune system, such as prednisone, may be required to stop the process.

Your blood is living tissue made up of liquid and solids. The liquid part, called plasma, is made of water, salts and protein. Over half of your blood is plasma. The solid part of your blood contains red blood cells, white blood cells and platelets. Blood disorders affect one or more parts of the blood and prevent your blood from doing its job. They can be acute or chronic. Many blood disorders are inherited. Other causes include other diseases, side effects of medicines, and a lack of certain nutrients in your diet. Types of white blood cell disorders:

White blood cells help the body to fight infection. They begin life in the bone marrow and develop into different types of cells, each having a different immune purpose.

neutrophils: which destroy bacteria and viruses. lymphocytes: which kill viruses and regulate the immune system.

monocytes or macrophages: which eat dead or deactivated bacteria, viruses, and fungus.

basophils and eosinophils: which help the body respond to allergic reactions and help destroy parasites.

Some white blood cell disorders impact all the different types of white blood cells in the blood, while other disorders only involve one or two specific types. Of the five types of white blood cells, neutrophils and lymphocytes get impacted the most.

However, the majority of people with significant blood disorders tend to experience a general feeling of being unwell for no apparent reason.