

June: Anemia and Leukemia awareness month

THE MONTH OF JUNE IS DEDICATED TO RAISING AWARENESS TOWARDS THE FIGHT AGAINST ANEMIA AND LEUKEMIA AND TO WHY THIS IS IMPORTANT.

Although both are blood conditions, they are quite different from each other.

SEE HOW:

Anemia

It occurs when there's a lack of red blood cells, also called erythrocytes. These cells are the ones responsible for transporting oxygen from the lungs to the other organs through the bloodstream.

Signs of anemia:



- Tiredness
- Pale skin
- Palpitations
- Shortness of breath



- Chest pain
- Tiredness
- Dizziness
- Low blood pressure

Leukemia

It comprises various types of cancer that originate in the bone marrow tissues. In such cases, the marrow starts to produce large amounts of "sick" or immature white blood cells (~blasts) that affect the production of healthy red blood cells, which, as a result, reduces the amount of normal blood cells in the body.

Signs of leukemia:

- Anemia
- Fatigue
- Pale skin
- Fever
- Internal bleeding
- Haematomas
- Weakened immune system
- Frequent infections
- Weight loss for no apparent reason

Treatments

The treatments for these conditions vary greatly. While for the first case food supplements, vitamins or blood transfusion might be recommended; for leukemia, the therapies may include chemotherapy, radiation therapy and even bone marrow transplant.

THE IMPORTANT THING IS THAT, AT THE SIGN OF ANY CHANGE OR SYMPTOM, THE PATIENT MUST SEEK MEDICAL HELP QUICKLY.

