

INFORMATION ON HAEMOGLOBIN

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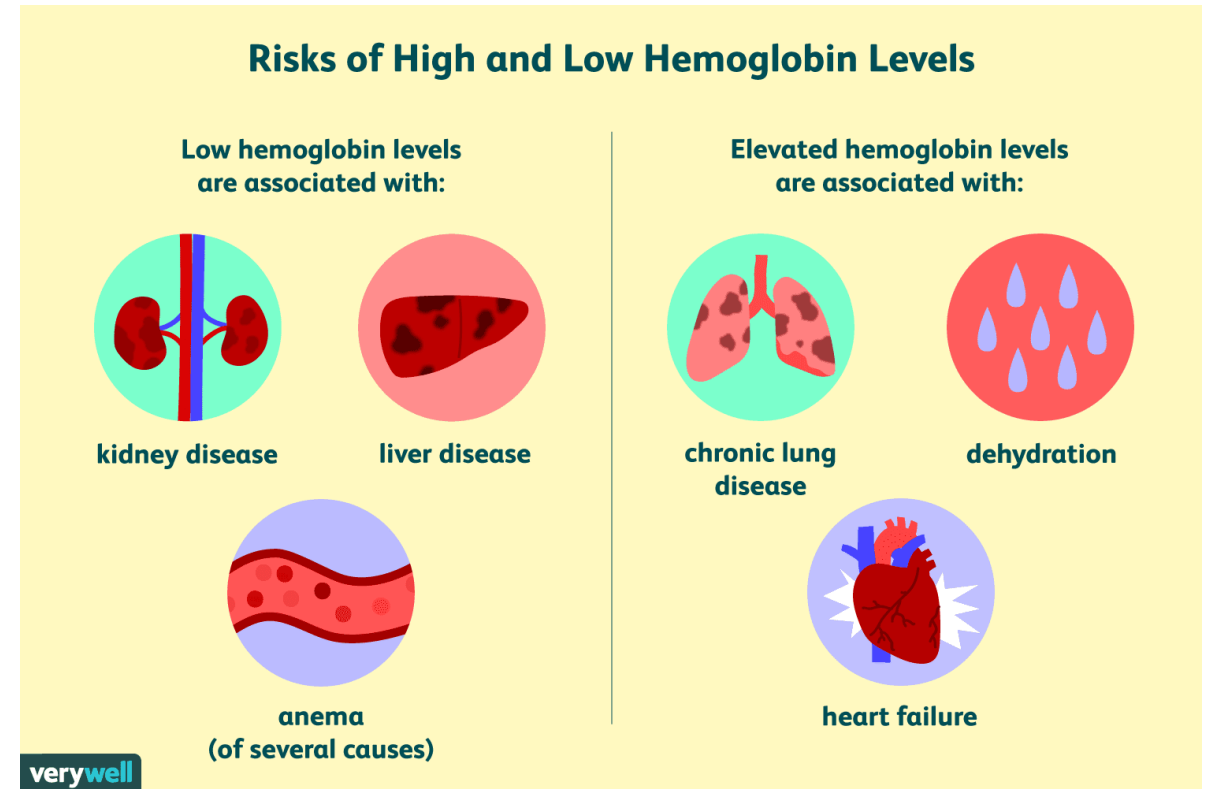
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TODAY'S TOPIC

- Introduction of Haemoglobin
- Haemoglobin test
- Causes
- Symptoms
- Treatment

INTRODUCTION OF HAEMOGLOBIN

- Haemoglobin is a protein in red blood cells that carries oxygen to body's organs and tissues and transports carbon dioxide from organs and tissues back to the lungs.
- Normal range: Females 120g/L-160g/L and males 140g/L to 180g/L



HAEMOGLOBIN TEST (WHY?)



To check for anaemia



To check for haemoglobin level

CAUSES

LOW LEVELS

Low iron intake or absorption

Menstrual bleeding

Bleeding from any cause

Vitamin B12 deficiency

Chemotherapy

Cancer, especially blood cell cancer

HIGH LEVELS

- Lung or heart disease
- Kidney or liver cancer
- Smoking
- Chronically polycythaemia vera (an increase in all blood cells, particularly red blood cells)
- Low levels of oxygen

SYMPTOMS

Low
energy

Sleepiness

Pale skin

Headaches

Dizziness

Breathing
problem

Rapid
heart rate

Low blood
pressure

TREATMENT FOR LOW HAEMOGLOBIN (ANAEMIA)

- Iron-containing foods in the diet or iron supplements for iron deficiency anaemia
- Treatment of a bleeding gastrointestinal ulcer to prevent recurrent blood loss
- Vitamin B12 containing foods
- Blood transfusion





Natural foods to increase hemoglobin

Vitamin C Sources
papaya, oranges, lemon, lime, strawberries, bell peppers, tomatoes and spinach.



Iron Sources
liver, red meat, lentils like soya beans, kidney beans, black eyes peas, spinach, beetroot, almonds, cashew, dates, figs.



Folic Acid Sources
lentils, dried beans, peas, nuts, avocado, broccoli, spinach, okra, asparagus and citrus fruits



Dates
Beetroot



FOODS
RICH IN
IRON

TREATMENT FOR HIGH HAEMOGLOBIN

- Ending smoking
- Blood donation
- Diet and Lifestyle Changes
- Limit food sources high in iron
- Treat any medical conditions causing your high haemoglobin such as dehydration, lung diseases, cancer, heart problems



REFERENCES

- <https://www.verywellhealth.com/hemoglobin-level-5211543>
- <https://www.mayoclinic.org/tests-procedures/hemoglobin-test/about/pac-20385075>