

Prognosis and Treatment of Haematologic Disorders

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DESCRIPTION

Every cell in the body requires blood and it is vital to maintain the health and functioning of all organs of the body. Blood cells are produced in the bone marrow, and many blood proteins are made in the liver or the blood cells themselves.

Blood cells and blood proteins are responsible for the following:

- Presence of hemoglobin in RBC's carries oxygen to every part of the body.
- White blood cells and antibodies fight infections and cancers.
- Platelets and blood clotting factors prevent bleeding.

Disorders affecting blood are called as blood disorders or hematologic disorders. Haematologic disorders include blood, different blood cells (White Blood Cells, Red Blood Cells, Platelets) and other blood-forming organs (bone marrow, lymph nodes, and spleen). These disorders affect vast number of people across the world every year. Not only blood related diseases, it also causes some rare genetic disorders like Hemophilia, Waldenstrom macroglobulinemia.

Some of the Hematology Disorders are: Anemia, Aplastic Anemia, Hemolytic Anemia, Iron Deficiency Anemia, Megaloblastic (Pernicious) Anemia, Sickle Cell Disease, Thalassemia, Alpha Thalassemia, Beta Thalassemia (Cooley's anemia), etc.

Anemia is the most commonly occurred Hematologic disorder among the above mentioned disorders. Hematologic malignancies are tumors in blood producing organs like bone marrow, spleen.

Blood disorders or hematologic diseases may occur due to mutations in genes, presence of other chronic diseases, medications or malnutrition in your diet.

The main symptoms of hematologic diseases are shortness of breath, rapid heart rate, paleness, lack of energy, gradual weight loss, unstoppable bleeding, myeloma, low immunity, low platelet, blood counts, Lymphatic malformations, improperly-developed lymph channels, vascular malformations, abnormally-formed blood cells, abnormally formed blood vessels,

Diagnosis of hematologic disorders can be done starting from physical examination and complete evaluation of patient followed by conducting a series of tests on patients including complete blood count to determine the count of red blood cells, White blood cells, platelets and identifies if any are increased or decreased and affected. Sometimes physician may recommend conducting bone marrow biopsy, if the doctor not able to diagnose the disorder from CBC (Complete Blood Count).

Few blood disorders if left untreated, they may lead to the death of the patient, so early diagnosis and treatment is required to determine the health condition and to reduce other complications of these disorders.

Some treatments for these disorders can cure the diseases or at least they can help to prevent further progression of disease and reduce symptoms, which help to improve the quality and life span of patient. Treatment for these disorders may vary based on the type of disease. Few disorders like anemia, thrombocytopenia, bleeding disorders, clotting disorders can be treated by using steroids, immune-modulating therapies, Blood transfusion, coagulation factor support, chemotherapy and bone marrow transplantation.

These disorders can prevented by taking few measures like frequent physical examinations, Annual complete blood count, eating proper and healthy diet and proper sleep, physical fitness and active life style. Even if your blood disorder can't be cured, you can still live a good life with treatment and reduce your risk of complications by taking good care of yourself.

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