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Anemia during period

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Your cycle Health Symptoms and Diseases Anemia can cause unpleasant symptoms and affect quality of life, which is why it is so important to diagnose and treat as soon as possible. This article will help you recognize excessive blood loss during periods and learn how to deal with periods and anemia. Menstruation is a natural process, but in some cases it can have a negative effect on your health. Heavy menstruation and anemia can be related, and many women suffer from different symptoms as a result. Every menstrual period is different, but most women lose only a few tablespoons of blood a month. If you lose more blood than normal during your period, you lose iron. This makes your hemoglobin (Hb) drop and causes iron deficiency anemia. Anemia is a condition that occurs when you have low hemoglobin levels. Hemoglobin is a protein inside red blood cells that transports oxygen to tissues. Iron is an essential micronutrient and is vital for many biological processes, from oxygen transport to cellular respiration. Your body uses iron to make hemoglobin, which explains why not getting enough iron causes anemia. Iron deficiency can be caused by insufficient iron intake in the diet, or by significant blood loss. Pregnant or breastfeeding women also have a higher risk of developing anemia, as they have to support both their iron needs and their baby. Anemia can often go undiagnosed. Patients neglect symptoms such as fatigue, or chalk them up to a different condition or lifestyle factor. They may not be aware of the symptoms that can be caused by low iron levels during menstruation. This can go on for years in some cases, and delays getting a proper diagnosis and treatment. Studies have shown that only 6% of women seek help with heavy periods and anemia. Getting the right treatment can greatly improve symptoms and quality of life. Iron deficiency anemia is the most common type of anemia. You can develop this iron deficiency over your period, but there are other things that can cause low iron levels. Causes of iron deficiency anemia include: Blood loss during periods: Prolonged or heavy menstruation affects many women. During your period, iron is lost with your blood. Anemia may develop if the blood loss is too heavy, or if the iron is not replenished during the cycle. Pregnancy, childbirth and breastfeeding: Women are more likely to develop iron-deficiency anemia during pregnancy or breastfeeding, as they use their iron deposits to provide for another life. Childbirth or a Caesarean section, which causes blood loss, can also contribute to development. This condition. Insufficient iron intake: Do not eat enough iron in your diet can cause anemia after some time. That's why women, children and those who follow a vegetarian diet must be aware of their iron intake. Malabsorption: some conditions, like Diseases or a previous gastric bypass can reduce the body's ability to absorb iron. Blood loss: There are many conditions that can cause bleeding, and you may not even notice it. Erosive gastritis, duodenum / gastric ulcers and intestinal polyps can cause gastrointestinal bleeding. Uterine fibroids and endometriosis can also cause bleeding. In fact, anemia and endometriosis are closely related. Iron deficiency anemia can develop over a long period of time, which is why it is so easy to overlook. Symptoms of menstrual anemia can vary greatly from person to person, but the most common include: Nails Spoon Pallor Angular Cheilosis (ulceration on the sides of the mouth) Fatigue Conjunctival Pallor Pica (consumption of non-food substances) If you are anemic, your tissues And the organs aren't getting the oxygen they need. This is why people with anemia tend to feel tired, dizzy and tired. Although anemia is a relatively simple condition, it can negatively affect many areas of your life. Anemia can make it much harder for you to perform your daily activities or any action that requires physical effort or concentration. It also affects your physical appearance, since it can make you look pale. Because anemia tends to develop insidiously, it usually causes symptoms that gradually get worse over time. It is common for patients with anemia to report that they do not even remember when they started to feel tired, but that their symptoms have increased over the years or months. Treatment for anemia is simple, but if left untreated, anemia can become dangerous. Some of the most important complications of anemia include: Heart problems. If you don't have enough red blood cells carrying hemoglobin, your heart needs to work harder to move oxygen-rich blood through your body. The cells in the tissues need a constant supply of oxygen to function properly. Normally, haemoglobin in red blood cells absorbs oxygen in the lungs and carries it to all tissues in the body. When the heart has to work harder, it can lead to several conditions: irregular heartbeats called arrhythmias, some heart murmurs, an enlarged heart (cardio megalaly), or even heart failure. Pregnancy complications: suffering from anemia during pregnancy can lead to low baby weight, premature labor, and even infant death. Anemic children may also suffer from developmental delays, increased risk of infections. Worsening of chronic conditions: If you have other conditions, anemia can make your symptoms worse, or it can affect the way your treatment works. All women lose a certain amount of soul during their periods, but You know when to worry about? It could feel like more, but women normally lose only a few animal milliliters every month. Intense menstrual bleeding is usually defined as the loss of over 80 ml of blood during the entire menstrual cycle. It is difficult to measure blood loss during the menstrual cycle, for which it is another type of loss. lost. To determine your period loss period: expel great blood clots. Need to use double protection (using both pads and pads simultaneously). To change your pad or buffer every 2 hours or less. Excess bleeding that interferes with the normal routine. Breaming through clothes or sheets, even when using protection. However, however it can be almost impossible to measure how much bleeds during your period, these can be symptoms of too much blood loss, and can lead to anemia during your period. The cause of heavy menstrual bleeding can be unknown, but in some cases, it can be caused by a condition below. Some of the most common causes of heavy periods and anemia include: IUD (intrauterine contraceptive device) endometriosis fibroids hormonal imbalances pelvic imbalances inflammatory diseases Polypies polycystic syndrome ovarian hypothyroidism anticoagulant drugs. Some conditions do not cause many obvious symptoms, and this is why it is so important to obtain regular checks with your doctor. Other conditions cause symptoms, including irregular bleeding, bleeding after the period, the pain of the period, excessive cramps and nausea during menstruation. Talk to your doctor if you experience new symptoms or irregularities in your cycle. If you suspect you are suffering from excessive menstrual bleeding and anemia, you have to go to your doctor. They will be able to perform a physical examination to seek any symptoms of anemia. Subsequently, it will order blood tests to determine hemoglobin levels and overall health. Imaging tests, such as an ultrasound, can help exclude physical conditions - such as polyps, for example - could cause bleeding. A Once determined the cause of your anemia, the doctor will be able to prescribe the best treatment for you. This could include iron supplements, hormonal contraceptives to manage your menstruation, blood transfusions and surgery to correct physical anomalies. Fortunately, there are many things you can do to reduce the symptoms of heavy periods and anemia. One of the simplest ways to maintain hemoglobin levels is to go up food rich foods. Some of the best dietary iron sources include: red meat fish eggs dairy dairy eggs Dairy beans Tofu dark beans, leafy greens. avoid caffeine immediately after meals, as this substance can reduce iron absorption. The vitamin C, on the other hand, can make it easier for your digestive system absorb iron. Try to drink an orange juice or eating some strawberries after your meals! If you are anemic or suffer from heavy menstrual bleeding, the doctor may also prescribe iron supplements. Don't self-medicated with iron supplements; If used inappropriately, they can constipation and even liver damage. You can also use a tracker period like FLO to determine your cycles, spot any irregular bleeding, and keep an easy record of your menstruation. This information can be very useful for your doctor. Periods of attraction attraction attraction cause many unpleasant symptoms, which is why it is so important to discuss with your doctor. Listen to your body and do not ignore symptoms such as excessive bleeding and fatigue. With proper treatment, you will be able to control periods and anemia and return to your usual routine in no time! Updated on 24 April, 2020 <https://www.ncbi.nlm.nih.gov/PMC4763330/> <https://www.ncbi.nlm.nih.gov/PMC4763330/> <https://www.ncbi.nlm.nih.gov/PMC4763330/> Hemoglobin is the protein in red blood cells that brings oxygen from the lungs to all tissues and organs of your body. The most common cause of anemia is a lack of iron, which your body needs to do hemoglobin. Anemia has several possible causes, one of which is heavy periods. In this article, we would have looked closer to how heavy periods can cause anemia, symptoms to pay attention and treatment options. Anemia is the most common blood disease in the United States and around the world. It may be a temporary or long-term condition and symptoms may vary depending on the type of anemia you have and how severe it is. If you have ANEMIA, you don't have enough red and hemoglobin cells to bring the oxygen you need for all the tissues and organs of your body. Hemoglobin is a protein that is produced by your bone marrow and stored in your red blood cells. Its task is to transport oxygen from the lungs to every part of your body through your blood vessels. Generally it has three main causes: blood production loss of red blood cells A high rate of destruction of red cells of the type of red blood anemia Iron deficiency anemia, which can develop if you do not have enough iron in your body. You need iron to make anemia of deficiency of emoglobin. iron is more common among men's women. Risk factors for iron deficiency anemia among women include: Pregnant diets too low in iron, vitamin B12 and conditions of foratehealth such as mal absorption disorders, chronic conditions and genetic periods of the mostostreavy, also known as Menorrhagia, affect 1 out of 5 women in the United States every year. When you lose a lot of blood during your time, you might end up losing more red blood cells than your body can do. This can reduce the amount of iron in your body. As a result, your body will have a more difficult time making hemoglobin that needed to bring oxygen throughout the body. So, how do you know if you have heavy menstrual bleeding? Symptoms of heavy periods include: need to change pads or padshour for hours on a shore to double the pads to absorb your menstrual flow to change pads or swabs during night bleeding that lasts 7 days or worse groups or blood clots are larger than a weak or tired defective quarter when you you Your period will not be able to do the things that normally do! However, heavy menstrual bleeding anemia depends on many factors, including your diet and your overall health. Getting enough iron and other nutrients in your diet can help prevent anemia iron deficiency. If you have low levels of iron and hemoglobin in your blood, you can notice the following symptoms: maliziadolcereshortness of breathable or yellowish skin dizziness Make sure to follow with your health care provider if: often you feel weak, tired, dizziness, or lighthead or have the shortness of breath during or after your period of time necessary to change or limit your daily activities due to your heavy periods or due to how weak or tired you will feel like having periods lasting more than 7 days Then they'll do a physical exam. If you have heavy periods, this will probably include a pelvic examination. The main test for anemia is a full blood count. Your health care provider draws blood and test to count your red blood cells. This test can also tell your supplier how iron your cells store. These tests are usually enough to make a diagnosis. But depending on the symptoms and type of anemia your health care provider thinks you have, you may need other tests. Treatment options for iron deficiency anemia from heavy periods depend on the cause of heavy bleeding. Your healthcare provider can treat it with birth hormonal control or iron supplements and recommendations to eat more foods rich in iron. Severe cases may require surgery, which may include: embolization of uterine artery (a procedure that prevents arteries from providing blood to uterine fibroids, which can cause heavy periods) ultrasound focused surgery (a procedure that uses ultrasound waves to reduce fibroids) endometrial ablation, which destroys the hysterectomy uterine lining, which removes the uterine. The best way to prevent iron deficiency anemia is to pay attention to your diet. In particular, try to do the following: Eat foods that are good sources of iron. The foods that are high in iron include red meat, spinach, legumes, crustaceans, turkey and quinoa. Eat foods that help with iron absorption. Vitamin C can help your body absorb iron. Foods that are good sources of vitamin C include guava, kiwi, broccoli, Brussels sprouts, lemons, Oranges and cabbage. Limit coffee and tea to meals. These drinks can make it harder for your body to get the iron you need from your food. Pay attention to calcium pills. Calcium can interfere with your body's ability to absorb iron. If you are taking calcium pills, talk to your health care provider to make sure you are getting enough calcium and iron. Talk to your health care provider before taking any iron supplement, because these supplements can have side effects. There are different types of anemia, and everyone can have different causes. Some of the most common causes are: low iron intake. Don't get enough iron in your diet it can lead to anemia. The iron deficiency anemia can also develop if your body does not absorb iron correctly, which can happen with some conditions, such as Crohn's disease. Ulcers, colon polyps, gastritis, and other conditions can cause internal bleeding that leads to anemia. Pregnancy. If you do not increase folic and iron acid intake during pregnancy, you can be at greater risk of anemia. Levels of vitamin B12. You could be at greatest risk of vitamin B12 deficiency if you are vegan or if your body does not correctly absorb vitamin B12. You need vitamin B12 to produce red blood cells. Bone marrow diseases. Diseases that affect bone marrow, such as leukemia, can affect the production of red blood cells of the organism. Genetics. Some types of anemia, including sickle cell and thalassemia anemia, are inherited. Some chronic diseases, including kidney disease, some autoimmune diseases, and HIV, can lead to anemia. Heavy periods can cause iron deficiency anemia due to the quantity of blood that is lost. In most cases, this type of anemia can be treated, both by addressing the underlying cause of heavy periods or with additional iron or hormonal contraceptives. If you have symptoms of anemia from lack of iron or heavy periods, make an appointment to talk to the Your health care provider. They can diagnose the cause and work with you to find the treatment that works best for you. Last medical control November 11, 2020 2020

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