



HEATH EDUCATION ON ANAEMIA



BY
GROUP 5

*UNDER SUPERVISION
OF*

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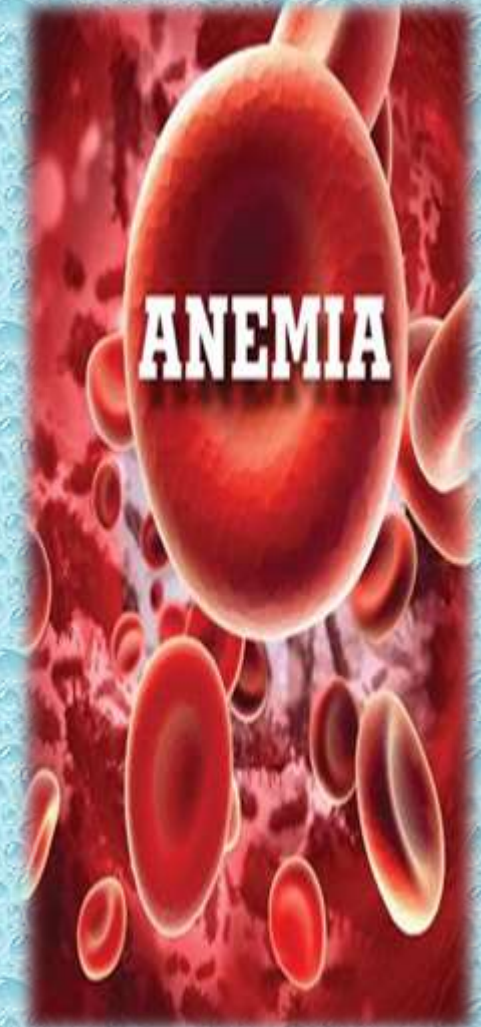
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OUTLINE:

- * Introduction
- * Definition
- * Types
- * Causes
- * Sign and symptoms
- * Risk factor
- * Health education, Prevention and control
- * Complication
- * Treatment and Diagnosis

INTRODUCTION

Anemia is a general term for the most common blood disorder it occurs when there are too few red blood in blood component. Anemia can leads to variety of mild and serious disease disorder, and conditions anemia can result from different sources such as malnutrition, trauma, hemorrhage, mal-absorption, and chronic disease, inherited disease such as hemophilia, sickle cell, and rest...





ZARAH MUSA GALADIMA

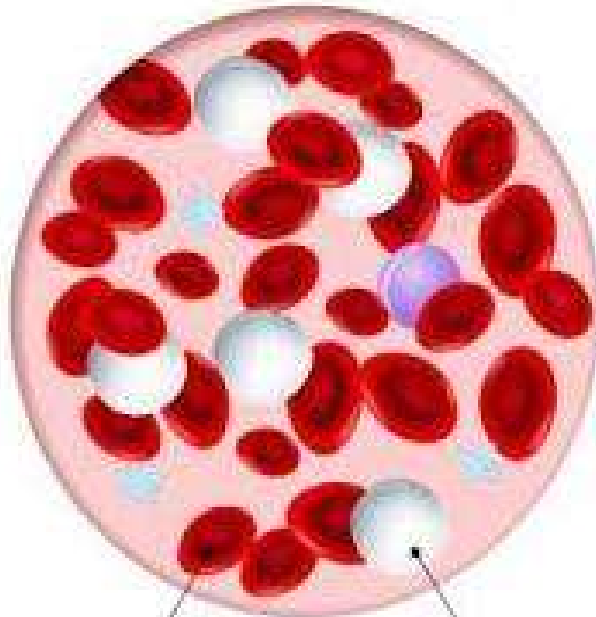
DIFINITION AND TYPES

DEFINITION OF ANEMIA

Anemia is defined as:

- * A condition in which there is a deficiency of red blood cell or hemoglobin due to many causes.
- * A condition that develops when your blood lack enough healthy red blood cells or hemoglobin or either cause by decrease of faulty red blood cells production.

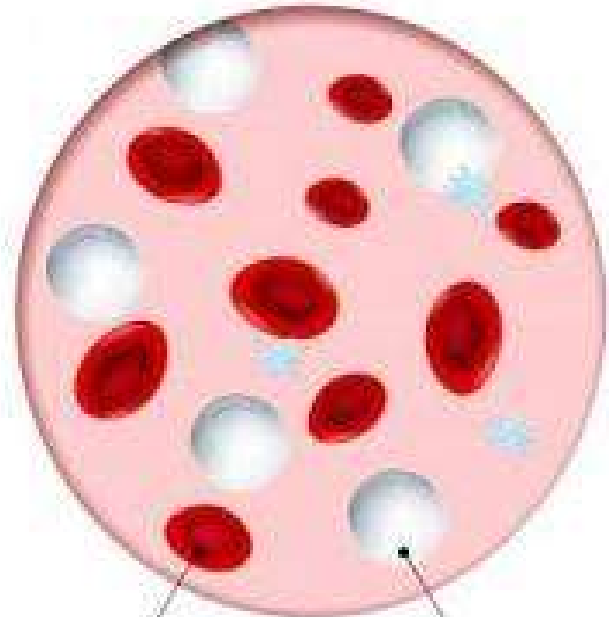
Normal



Red blood cell

White blood cell

Anemia



Red blood cell

White blood cell

TYPES OF ANEMIA

The most common types of anemia are:

Iron deficiency anemia

pernicious anemia

Aplastic anemia

Sickle cell anemia

Hemolytic anemia

Thalassemia anemia

Fanconi anemia

- * **IRON DEFICIENCY ANEMIA:** the most common form of anemia is iron deficiency anemia which is usually due to chronic blood loss caused by excessive menstruation.
- * **PERNICIOUS ANEMIA:** is a condition in which the body cannot make enough healthy red blood cells because it does not have enough vitamin B12.
- * **APLASTIC ANEMIA:** is a blood disorder in which body bone marrow does not make enough new blood cells this may result in a number of health problems including arrhythmias, and enlarged heart failure, infections and bleeding.

CONT.

- * **SICKLE CELL ANEMIA:** is a serious disease in which body makes sickle shaped (c-shape) red blood cells
- * **HEMOLYTIC ANEMIA:** is condition in which red blood cell are destroy and removed from the blood stream before their normal lifespan is off.
- * **THALASSEMIA ANEMIA:** is inherited blood disorders which cause the body to make fewer healthy red blood cells and less hemoglobin
- * **FANCONI ANEMIA:** is a rare inherited blood disorder that leads to bone marrow failure.

* UMAR BALARABE K.M.Y

* CAUSES

* SIGN AND SYMPTOMS

CAUSES OF ANEMIA

- * Decrease in number of red blood cells
- * Decrease hemoglobin(lower ability of blood to carry oxygen)
- * Excess blood loss (trauma and gastrointestinal blood loss)
- * Iron deficiency
- * Lack of vitamin B12
- * Neoplasm of red blood cells (tumor of hematopoietic and lymphoid tissue)
- * Infection (malaria and some autoimmune diseases among others)

SIGN AND SYMPTOMS

- * INCLUDE.....
- * Fatigue
- * Shortness of breath
- * Dizziness
- * Headache
- * Coldness in the hands feet
- * Pale skin
- * Anxiety
- * Chest pain
- * Heart palpitation
- * Numbness

Symptoms of Anemia

Red = In severe anemia

Eyes

- Yellowing

Skin

- Paleness
- Coldness
- Yellowing

Respiratory

- Shortness of breath

Muscular

- Weakness

Intestinal

- Changed stool color

Central

- Fatigue
- Dizziness
- Fainting

Blood vessels

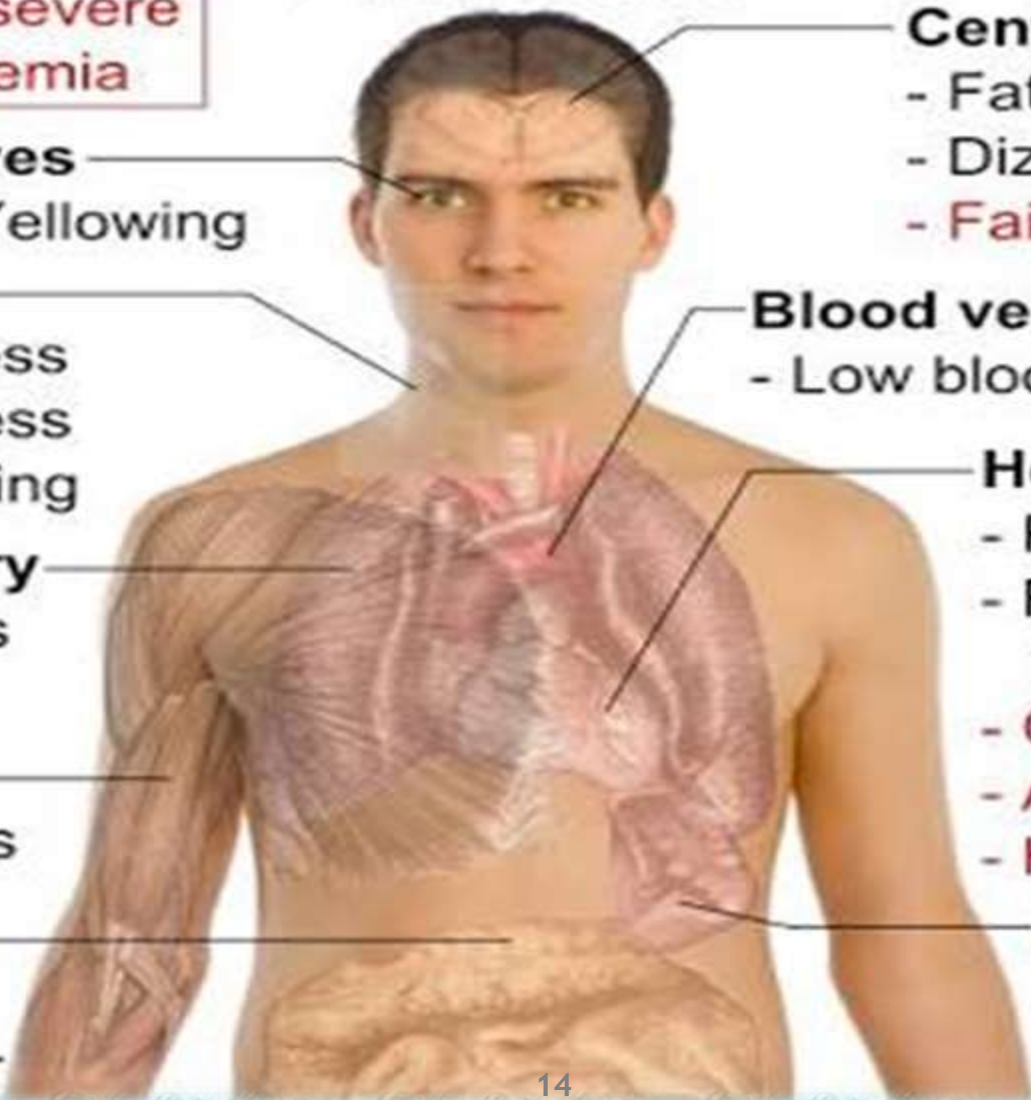
- Low blood pressure

Heart

- Palpitations
- Rapid heart rate
- Chest pain
- Angina
- Heart attack

Spleen

- Enlargement



*ZULAIHAT ABDULKADIR YAKUB

*RISK FACTORS

*HEALTH EDUCATION PREVENTION AND
CONTROL.

RISK FACTORS ASSOCIATED WITH ANEMIA

Risk factors of anemia are factors that do not seem to be a direct cause of the disease, but seem to be associated in some ways.

INFANTS AND CHILDREN

- * Stopping breast feeding too early or using formula that is not iron fortified.
- * Toddler's preference for iron-poor food: parent should make sure their children eat iron-rich food such as beans, meat, fortified cereals, egg and green leafy vegetable.
- * Bottle-feeding too long who are 7-9 months old should be weaned from bottles and given sippy cups. By the age of 12 months all children should be using a cup not a bottle.

PREMENOPAUSAL WOMEN:

- Heavy menstruation for longer than 5 days
- Abnormal uterine bleeding, such as from fibroids
- Pregnancy

OLDER ADULTS

- Nutritional deficiencies
- Chronic inflammatory diseases
- Chronic renal disease

ALCOHOLISM: people with alcoholism are at risk for anemia both from internal bleeding as well as folate and vitamin B deficiency - related anemia.

IRON-VITAMIN POOR DIETS: Vegans and other vegetarians who avoid all animal products may have slightly higher risk for deficiency in iron and vitamin B.

Other risk factors includes

RISK FACTORS

Smoking

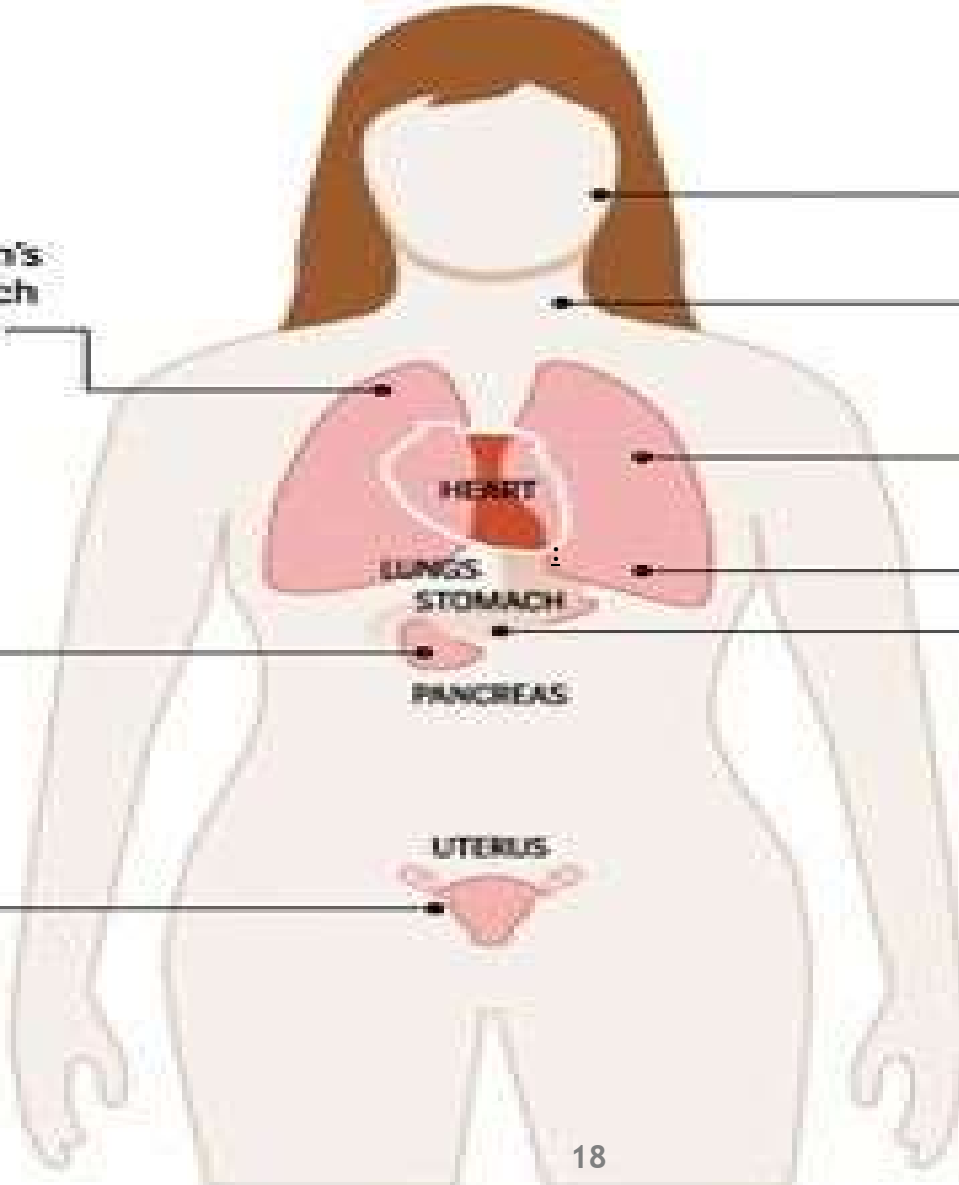
Increases women's risk twice as much as it does men's.

Diabetes

Women with diabetes have a 50 percent greater risk of heart attack than men with diabetes.

Menopause

Women's risk goes up after menopause. It is not clear if this is tied to the decrease in estrogen or other factors.



SYMPTOMS

Jaw or back pain
It may register more as discomfort than pain.

Throat discomfort
More like heaviness than a sore throat.

Shortness of breath

Chest pain
Pain that feels like an elephant sitting on the chest is a signal to seek help fast.

Nausea or vomiting
Some women think they have the flu or heartburn when having a heart attack.

HEALTH EDUCATION PREVENTION AND CONTROL OF ANEMIA

- * Animal's food, especially for pregnancy and lactation.
- * Supplementing diet with B12 especially for vegetarians.
- * Prevention and control of pathological conditions associated with B12 deficiency.

Cont.

- *Palate; These nutrients and its synthetic form folic acid can be found in citrus fruits and juice, banana, dark green leaf, legumes and fortified bread, cereals and pasta.
- *Vitamin B12; this vitamin is found naturally in beef and meat and dairy milk products. It is also added to some cereals such as soya milk.
- *Vitamin C; Food containing vitamin c such as citrus fruits, melons and berries help in increasing iron absorption.
- *Iron-rich foods include beef, meat, dark green vegetables, fortified cereals and dried fruits.

Foods to Prevent ANEMIA



Spinach



Garlic



Apricots



Beet Juice

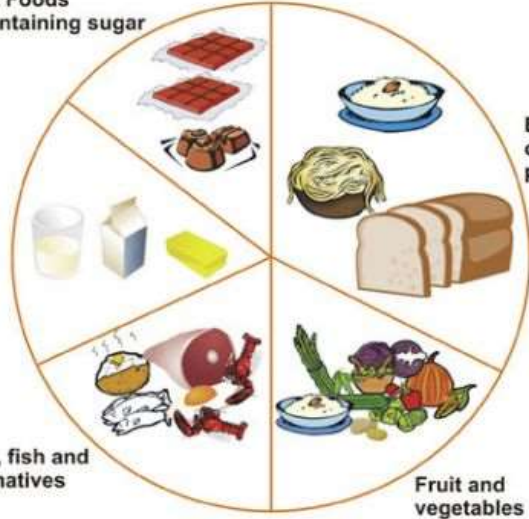


Watercress



Broccoli

Food containing fat
Foods containing sugar



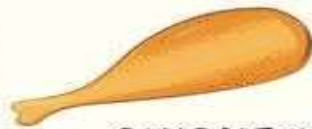
Milk and dairy foods

Bread, other cereals and potatoes

Meat, fish and alternatives

Fruit and vegetables

IRON RICH FOOD:



CHICKEN



LIVER



BROCCOLI



DRIED BEANS/
GREEN PEAS



PORK



POTATOES
WITH SKIN



SPINACH



BEEF



IRON FORTIFIED



Fats, oils
& sweets
USE SPARINGLY



Milk, yogurt
& cheese
2 - 3 SERVINGS



Meat, poultry,
fish, dry beans,
eggs & nuts
2 - 3 SERVINGS



Vegetables
3 - 5 SERVINGS



Fruit
2 - 4 SERVINGS



Bread, cereal, rice & pasta
6 - 11 SERVINGS

* ZAHRADDEEN SULAIMAN

* COMPLICATION

* TREATMENT AND DIAGNOSIS.

COMPLICATION OF ANAEMIA

Anaemia usually doesn't cause complications. However, left untreated, iron deficiency can become severe and lead to health problems, including the following;

- * Heart problems as in Iron deficiency anaemia.
- * Problems during pregnancy. In pregnant women severe iron deficiency anaemia has been linked to premature birth and low birth weight babies
- * Growth problem. In infant and children severe iron deficiency can lead to anaemia as well as delayed growth and development

TREATMENT AND DIAGNOSIS OF ANEMIA



Anaemia treatment depends on the causes.

- *Iron deficiency anaemia; this form of anaemia is treated with changes in your diet and iron supplements.
- *If the underlined iron deficiency is loss of blood- other than from menstruation-the source of the bleeding must be located and stopped, this may involve surgery.

CONT.

- * Aplastic anaemia treatment for this anaemia may include blood transfusion to boost level of red blood cells
- * Anaemia associated with bone marrow disease; Treatment of these various diseases can include simple medication, chemotherapy or bone marrow transplantation.
- * Haemolytic anaemia; Managing haemolytic anaemia include avoiding suspect medication heating related infections and taking drugs that suppress your immune response system.

- *Vitamin deficiency anaemia; Folic acid and vitamin c deficiency anaemia are treated with dietary supplements and increasing these nutrients in your diet. If your digestive system has trouble of absorption of vitamin B12 from the food we eat. You may receive vitamin B12 injection.
- *Sickle cell anaemia; treatment for this anaemia may include the administration of oxygen, pain-relieving drugs.



THANK YOU

ANY QUESTIONS, COMMENTS OR
ADDITION ???