

UNDERSTANDING COMMON BLOOD DISORDERS

Blood plays a vital role in keeping our bodies healthy by carrying oxygen, fighting infections, and aiding in clotting and healing. Haematology, the study of blood and its disorders, helps us understand and manage a wide range of conditions that can affect overall health and quality of life.

In this newsletter, we shine a spotlight on four major blood disorders: anaemia, leukaemia, myeloma, and lymphoma. You'll discover key information about their symptoms, causes, diagnosis, and available treatments, along with practical tips to maintain and support healthy blood function.

Anaemia: When Your Blood Runs Low

What is it?

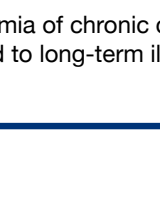
Anaemia is a condition where the body lacks enough healthy red blood cells or haemoglobin to carry adequate oxygen to its tissues. This can lead to symptoms like fatigue, weakness, and shortness of breath.

According to the World Health Organisation (WHO), anaemia is diagnosed when haemoglobin levels fall below specific thresholds:

Men: Less than 13.0 g/dL

Women: Less than 12.0 g/dL

Children: Varies with age



Common types:

- Iron-deficiency anaemia (most common)
- Aplastic anaemia (bone marrow stops producing red blood cells)
- Hemolytic anaemia (red cells break down too quickly)
- Anaemia of chronic disease (linked to long-term illness)



Symptoms to watch:

- Fatigue and weakness
- Pale skin
- Shortness of breath
- Dizziness or cold hands and feet



What causes it?

- Iron or vitamin deficiency
- Blood loss
- Chronic illnesses or inherited conditions.

How is it diagnosed?

Blood tests like a complete blood count (CBC) and checks for iron or vitamin levels.

Treatment options:

Iron or vitamin supplements, treating underlying causes, and in some cases, blood transfusions.

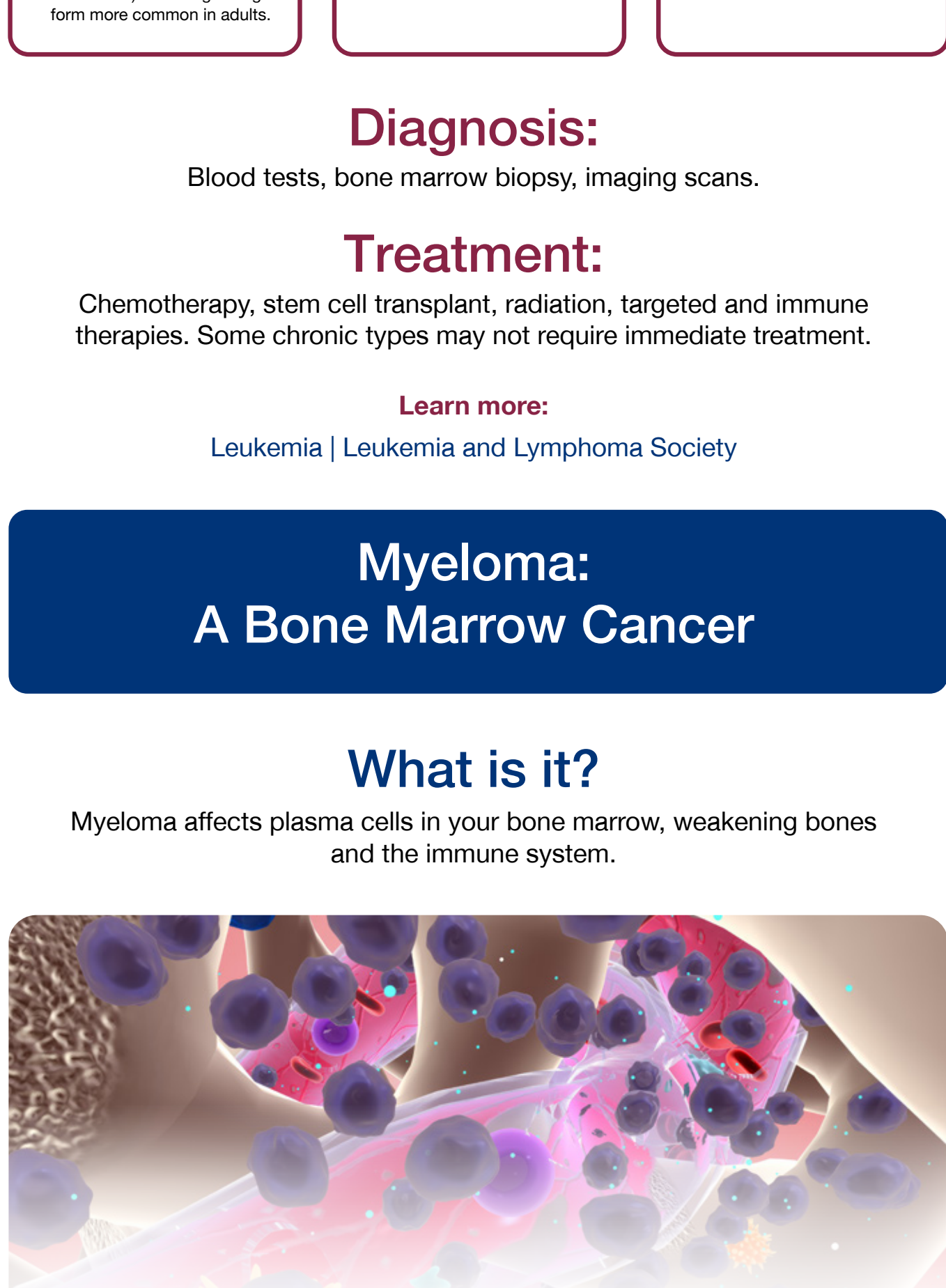
Read more:

[Anaemia - Hematology.org](#)

Leukaemia: Cancer of the Blood

What is it?

Leukaemia is a cancer of the bone marrow and blood, where abnormal white blood cells crowd out healthy ones.



Main types:

- ALL (Acute Lymphoblastic Leukaemia): More common in children but can affect adults.
- AML (Acute Myeloid Leukaemia): More common in older adults.
- APML (Acute Promyelocytic Leukaemia): Caused by genetic mutations.
- CLL (Chronic Lymphocytic Leukaemia): A slow-growing form more common in adults.



Symptoms :

- Frequent infections
- Fatigue and anaemia
- Easy bruising or bleeding
- Bone pain or swollen gums



What causes it?

- Iron or vitamin deficiency
- Blood loss
- Chronic illnesses or inherited conditions.

Diagnosis:

Blood tests, bone marrow biopsy, imaging scans.

Treatment:

Chemotherapy, stem cell transplant, radiation, targeted and immune therapies. Some chronic types may not require immediate treatment.

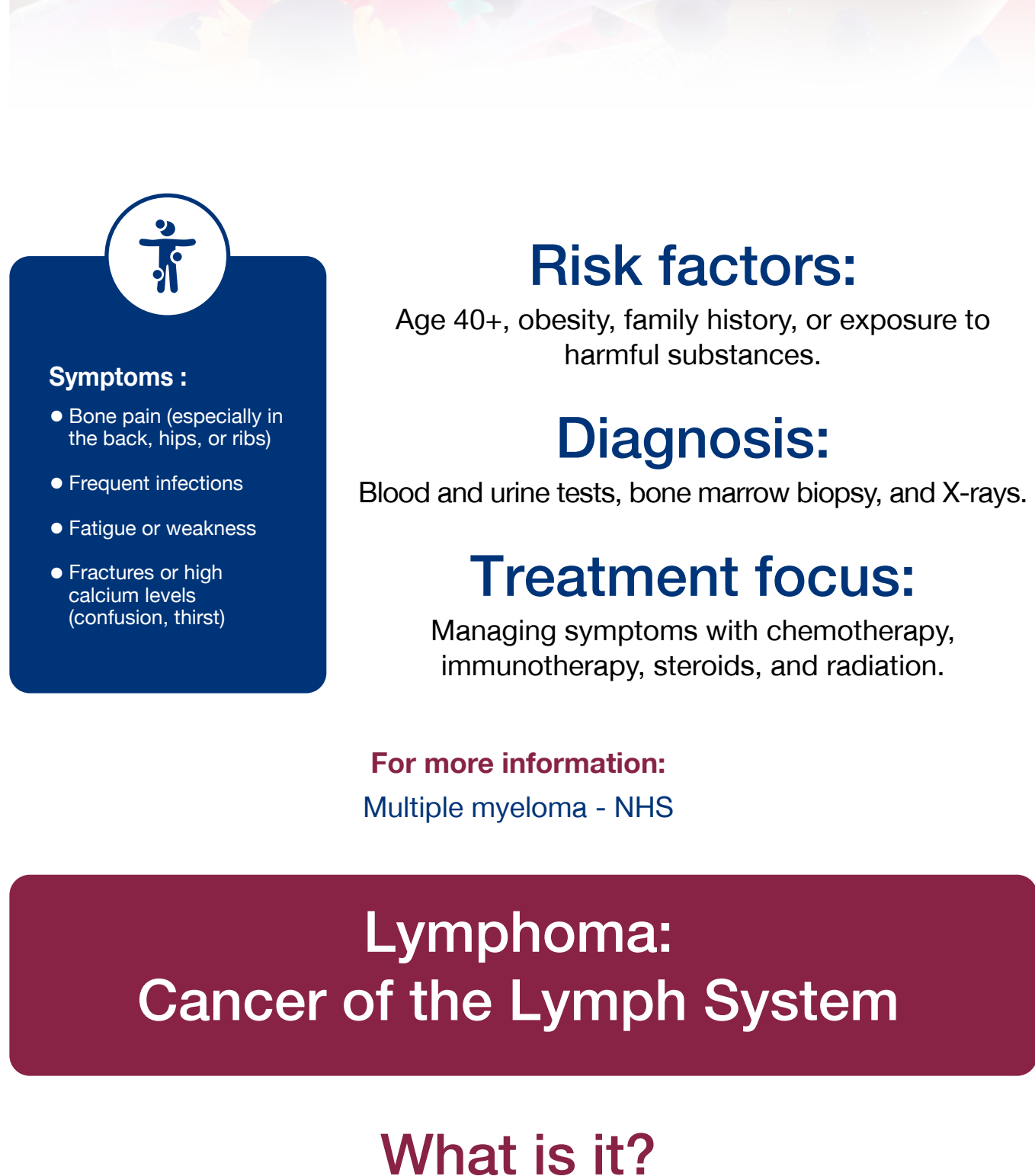
Learn more:

[Leukemia | Leukemia and Lymphoma Society](#)

Myeloma: A Bone Marrow Cancer

What is it?

Myeloma affects plasma cells in your bone marrow, weakening bones and the immune system.



Symptoms :

- Bone pain (especially in the back, hips, or ribs)
- Frequent infections
- Fatigue or weakness
- Fractures or high calcium levels (confusion, thirst)

Risk factors:

Age 40+, obesity, family history, or exposure to harmful substances.

Diagnosis:

Blood and urine tests, bone marrow biopsy, and X-rays.

Treatment focus:

Managing symptoms with chemotherapy, immunotherapy, steroids, and radiation.

For more information:

[Multiple myeloma - NHS](#)

Lymphoma: Cancer of the Lymph System

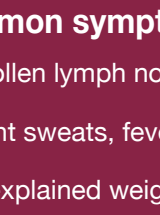
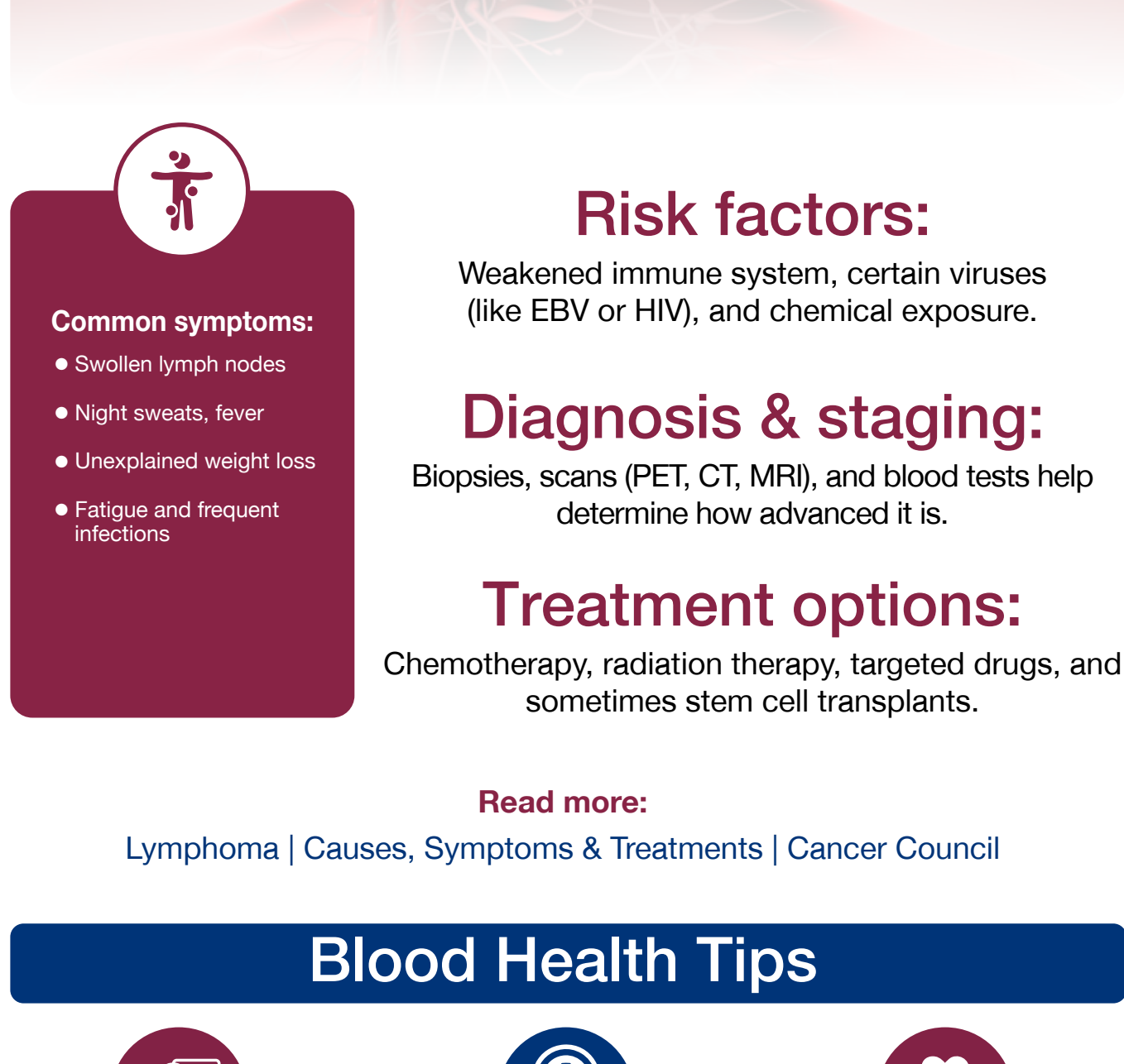
What is it?

Lymphoma: Cancer of the Lymph System Lymphoma affects the lymphatic system, which defends against infections.

Two main types:

Non-Hodgkin Lymphoma (NHL) – most common

Hodgkin Lymphoma (HL) – identified by a unique cell in biopsies



Common symptoms:

- Swollen lymph nodes
- Night sweats, fever
- Unexplained weight loss
- Fatigue and frequent infections

Risk factors:

Weakened immune system, certain viruses (like EBV or HIV), and chemical exposure.

Diagnosis & staging:

Biopsies, scans (PET, CT, MRI), and blood tests help determine how advanced it is.

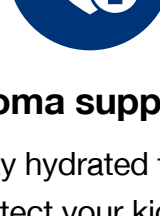
Treatment options:

Chemotherapy, radiation therapy, targeted drugs, and sometimes stem cell transplants.

Read more:

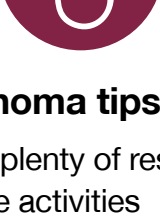
[Lymphoma | Causes, Symptoms & Treatments | Cancer Council](#)

Blood Health Tips



General advice:

- Eat foods rich in iron, B12, folate
- Stay hydrated and limit alcohol/smoking
- Monitor for unusual fatigue, bruising, or infections
- Get routine check-ups and blood tests



Anaemia-specific tips:

- Eat iron-rich foods (meat, leafy greens, legumes)
- Combination with vitamin C for better absorption
- Take supplements as prescribed
- Treat underlying causes (e.g., heavy periods)



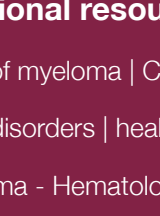
Leukaemia care:

- Practice good hygiene to avoid infections
- Choose easy-to-digest, high-protein meals
- Stay active if possible
- Track symptoms in a journal



Myeloma support:

- Stay hydrated to protect your kidneys
- Use calcium/vitamin D if recommended
- Avoid heavy lifting and reduce fall risk
- Keep up with vaccinations and screening



Lymphoma tips:

- Get plenty of rest, pace activities
- Eat small, frequent, nourishing meals
- Use gentle skincare during radiation
- Attend all follow-ups and monitor for relapse



Final Thought: Knowledge is Powerful.

Understanding these conditions allows you to spot warning signs early, support loved ones effectively, and advocate for the right care. Stay informed, take preventive steps, and consult your healthcare provider when in doubt because your blood is your lifeline.

Additional resources:

[Risks and causes of myeloma | Cancer research UK](#)

[Blood disorders | healthdirect](#)

[Myeloma - Hematology.org](#)

[Multiple myeloma – symptoms, treatment and diagnosis | healthdirect](#)

[damanhealth.ae](#)

