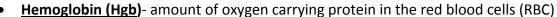
Abnormal Blood Chemistry

What is it?

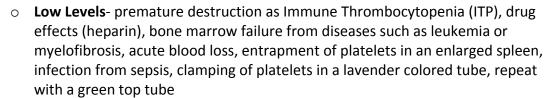
• Complete Blood Count (CBC)- has several parameters that are created from an automated cell counter



- White Blood Count (WBC)- the number of white cells
 - High WBC- sign of infection, increased with certain types of leukemia
 - Low WBC- sign of bone marrow disease, enlarged spleen, HIV infection in some



- High Hgb- lung disease, excessive bone marrow production of blood cells, living at a high altitude
- Hematocrit (Hct)- percentage of the blood volume occupied by red blood cells (RBC)
- Low Hgb and Hct- suggest anemia
- Mean Corpuscular Volume (MCV) helps to diagnosis a cause of an anemia
 - High Levels- ineffective production in the bone marrow, deficiency of Folate or B12, recent blood loss with replacement by larger and newer cells from the bone marrow
 - Low Levels- suggest iron (Fe) deficiency
- Platelet Count (PLT)- number of cells that plug up holes in the blood vessels to prevent bleeding
 - High Levels- cigarette smoking, bleeding, , excess production by the bone marrow



Facts:

- Anemia- can be due to nutritional deficiencies, internal destruction of RBC's, a failure to produce blood in the bone marrow, blood loss
- Most Labs- Hgb is measured and Hct is computed using the MCV and RBC measurement

What can I do?

- See your Health Care Provider for more information
- See a Registered Dietitian for help as needed See Food High In Iron (Fe) if needed See a FFF RD- on line for help



