

Anemia In Pregnancy: A thought

Anemia can appear during pregnancy. Because there are not enough healthy red blood cells in your blood to supply oxygen to your tissues and to your unborn child, you have anaemia.

Your body makes extra blood during pregnancy to help your unborn child thrive. Your body might not be able to produce the necessary number of red blood cells to create this additional blood if you're not getting enough iron or other essential nutrients.

When you are pregnant, slight anaemia is usual. However, due to insufficient iron or vitamin levels or for other causes, you can have more severe anaemia.

Being anaemic might make you feel exhausted and weakened. It can raise the risk of significant issues including premature delivery if it is severe and untreated.

What you should know about the causes, signs, and treatment of anemia during pregnancy is provided here.

Types of Anemia During Pregnancy

Various anemias can manifest during pregnancy. These consist of:

- Anemia due to a lack of iron
- Lack of folate anaemia
- B12 vitamin insufficiency

Here are some causes of these types of anaemia:

Anemia due to a lack of iron. When the body doesn't have enough iron to make enough haemoglobin, this type of anaemia develops. That protein is found in red blood cells. It transports oxygen from the lungs to the body's other tissues.

The blood cannot transport enough oxygen to body tissues when there is an iron deficient anaemia.

Anemia in pregnancy is most frequently caused by an iron shortage.