



HEALTH AWARENESS

What You Should Know About Your Blood Health

(NAPSA)—Blood performs a variety of essential functions in your body, so when something is wrong with your blood, it can affect your overall health.

“Millions of Americans of all ages, genders and ethnicities are affected by blood disorders,” said Hal E. Broxmeyer, Ph.D., president of the American Society of Hematology. “It’s important to be aware of what healthy blood is and learn how to prevent potential problems in order to maintain and improve your health.”

On average, adults have 9 to 12 pints of blood, which carries oxygen and nutrients throughout the body, forms clots to prevent blood loss and transports antibodies to fight infection. Blood also helps regulate your body temperature and clear waste from your system.

People may be affected by many different types of blood conditions, including anemia, bleeding disorders, blood clots and blood cancers such as leukemia, lymphoma and myeloma. The signs and symptoms of these conditions vary, so it is important to know what the different blood disorders are and be aware of any changes in your body.

For example, if you feel weak and have pale or yellow skin, you may have anemia. And you might be at risk for a blood clot if your skin feels warm and your leg, ankle or calf swells. If you think you have a blood condition, talk to your primary care physician right away.



Talking to your doctor is the first step if you believe you have a blood condition. Your doctor may refer you to a hematologist.

To maintain your blood health, the American Society of Hematology offers the following tips:

- Know your family history.
- Eat healthy foods and exercise regularly.
- Talk with your doctor if you have any concerns.
- Request an annual checkup.

If you are diagnosed with a blood condition, you may be referred to a hematologist, a doctor that specializes in treating blood disorders. You can learn more about the types of diseases that hematologists study and treat, as well as the importance of having a hematologist on your health care team, at www.BloodTheVitalConnection.org.