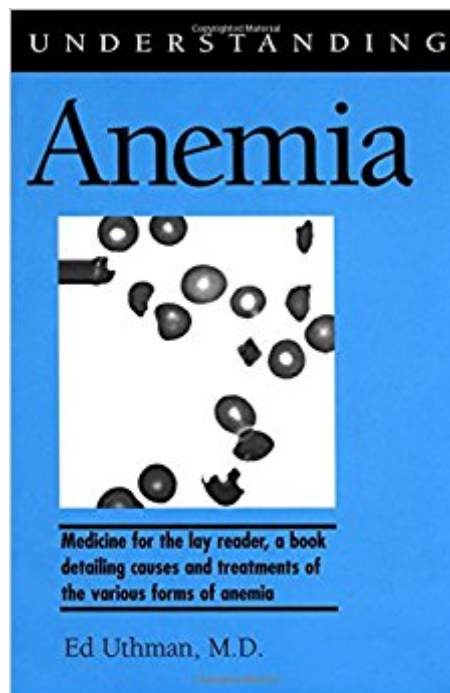




The book was found

# Understanding Anemia (Understanding Health And Sickness Series)



## Synopsis

Each year thousands are told they suffer from anemia, but most have only a vague understanding of the condition. In fact, "anemia" is a generic term that includes myriad specific diseases, each of which has its own story regarding cause, manifestations, and treatments. *Understanding Anemia* gently builds upon elementary knowledge of biology to provide the general reader with a fairly sophisticated understanding of the various causes of anemia, of the methods used to make diagnoses, and of the principles of treatment. The book begins with a definition of anemia and a brief history of the scientific study of blood. It explains how the doctor makes the diagnosis and details the main types of anemia. Since the different conditions result from the failure of various organs, the reader will come away with a surprisingly broad understanding of human anatomy and physiology, encompassing the digestive, circulatory, and immune systems, nutrition, biochemistry, and heredity. Features: Specific anemias: iron deficiency, vitamin deficiencies, hemolytic anemias, hereditary anemias, and others Helpful appendices: a practical guide to the metric system, a brief review of general cell biology, a table of normal values in commonly ordered lab tests, a description of the bone marrow biopsy procedure, a list of pitfalls a doctor faces during the evaluation of the anemic patient, resources for further study (both in print and on the Internet) Ed Uthman is director of the medical laboratory at Polly Ryon Memorial Hospital in Richmond, Texas. He is an adjunct assistant professor of pathology at the University of Texas School of Medicine, Houston.

## Book Information

Series: Understanding Health and Sickness Series

Paperback: 168 pages

Publisher: University Press of Mississippi (March 1, 1998)

Language: English

ISBN-10: 1578060397

ISBN-13: 978-1578060399

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 7 customer reviews

Best Sellers Rank: #383,687 in Books (See Top 100 in Books) #137 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments](#) #244 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Diseases](#) #454 in [Books > Health, Fitness & Dieting > Mental Health > Depression](#)

## Customer Reviews

Medicine for the lay reader, a book detailing causes and treatments of the various forms of anemia

I was diagnosed with having anemia 1 year ago. In an attempt to learn more about being anemic I purchased this hoping I could learn more about it. It definately has tons of information but alot of it I really didn't understand. It did have some info. about understanding my test results, but that was pretty much it. I was really looking for info. on how to overcome being anemic, not so much in this book.

Easy to understand - highly informative - great book. Would recommend to anyone interested in their overall health as far more than just anemia discussed.

I am giving it 5 stars because i found it very informative and enjoyable to read at the same time.As a layman i am not any more in the complete dark about anemia and i have a handy resource i can rely on.The small size of the book is an extra plus.

Dr. Uthman presents the physiology of anemia (and its different types) in a straightforward manner. As he mentions in the book, it is written for someone with the equivalent of a high school level of biology. Dr. Uthman takes the reader step-by-step through the process - like a chef teaching someone a recipe. Starting from general discussion on anemia to how it is clinically diagnosed and even how blood tests are performed! Anyone who needs to know about anemia should read this book. The book can also be picked up and used as a reference. The Table of Contents describe quite clearly where to find specific topics.

Very helpful. Helped explain the disorder very well and educated me on this problem.

The target audience for this book is non-medical, and the topic is very attractively laid out with the author's impeccable knowledge and \*passion\* for hematology/pathology literally dripping from the pages. He has a style that does not belittle the novice, just like a wise master of a complex topic.

This is an excellent book on Anemia! I have had anemia for a period of time, and reading this book answered all the questions I had, and more. I am currently receiving I.V. iron fusions to bring up my hemoglobin and to help produce more, and healthier, red blood cells. I highly recommend this book

written by a real professional in the medical community.

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