

Chapter 9

Blood and nutrition

CONTENTS

| | | | |
|--|----------|---|----------|
| Blood and blood-forming organs | page 609 | 2.5 Potassium imbalance | page 650 |
| 1 Anaemias | 609 | 2.5a Hyperkalaemia | 650 |
| 1.1 Hypoplastic, haemolytic, and renal anaemias | 610 | 2.5b Hypokalaemia | 650 |
| 1.1a Atypical haemolytic uraemic syndrome and paroxysmal nocturnal haemoglobinuria | 614 | 3 Metabolic disorders | 652 |
| 1.2 Iron deficiency anaemia | 616 | 3.1 Acute porphyrias | 652 |
| 1.3 Megaloblastic anaemia | 620 | 3.2 Carnitine deficiency | 653 |
| 2 Iron overload | 622 | 3.3 Cystinosis | 654 |
| 3 Neutropenia and stem cell mobilisation | 625 | 3.3a Nephroprothatic cystinosis | 654 |
| 3.1 Neutropenia | 625 | 3.4 Fabry's disease | 655 |
| 3.2 Stem cell mobilisation | 627 | 3.5 Gaucher's disease | 657 |
| 4 Platelet disorders | 627 | 3.6 Homocystinuria | 657 |
| 4.1 Essential thrombocythaemia | 627 | 3.7 Hypophosphatasia | 658 |
| 4.2 Thrombocytopenias | 628 | 3.8 Mitochondrial disorders | 659 |
| 4.2a Immune thrombocytopenia | 628 | 3.9 Mucopolysaccharidosis | 659 |
| Nutrition and metabolic disorders | 630 | 3.10 Niemann-pick type C disease | 661 |
| 1 Acid-base imbalance | 630 | 3.11 Pompe disease | 661 |
| 1.1 Metabolic acidosis | 630 | 3.12 Tyrosinaemia type I | 662 |
| 2 Fluid and electrolyte imbalances | 631 | 3.13 Urea cycle disorders | 662 |
| 2.1 Calcium imbalance | 639 | 3.14 Wilson's disease | 666 |
| 2.1a Hypercalcaemia and hypercalciuria | 640 | 4 Mineral and trace elements deficiencies | 667 |
| 2.1b Hypocalcaemia | 641 | 4.1 Zinc deficiency | 667 |
| 2.2 Low blood volume | 643 | 5 Nutrition (intravenous) | 668 |
| 2.3 Magnesium imbalance | 644 | 6 Nutrition (oral) | 671 |
| 2.3a Hypomagnesaemia | 645 | 6.1 Special diets | 673 |
| 2.4 Phosphate imbalance | 647 | 6.1a Phenylketonuria | 673 |
| 2.4a Hyperphosphataemia | 647 | 7 Vitamin deficiency | 674 |
| 2.4b Hypophosphataemia | 648 | 7.1 Neural tube defects (prevention in pregnancy) | 688 |

Blood and blood-forming organs

1 Anaemias

Anaemias

Anaemia treatment considerations

Before initiating treatment for anaemia it is essential to determine which type is present. Iron salts may be harmful and result in iron overload if given alone to patients with anaemias other than those due to iron deficiency.

Sickle-cell anaemia

Sickle-cell disease is caused by a structural abnormality of haemoglobin resulting in deformed, less flexible red blood cells. Acute complications in the more severe forms include sickle-cell crisis, where infarction of the microvasculature and blood supply to organs results in severe pain. Sickle-cell crisis requires hospitalisation, intravenous fluids, analgesia and treatment of any concurrent infection. Chronic complications include skin ulceration, renal failure, and

increased susceptibility to infection. Pneumococcal vaccine, haemophilus influenzae type b vaccine, an annual influenza vaccine and prophylactic penicillin reduce the risk of infection. Hepatitis B vaccine should be considered if the patient is not immune.

In most forms of sickle-cell disease, varying degrees of haemolytic anaemia are present accompanied by increased erythropoiesis; this may increase folate requirements and folate supplementation may be necessary.

Hydroxycarbamide p. 596 can reduce the frequency of crises and the need for blood transfusions in sickle-cell disease. The beneficial effects of hydroxycarbamide may not become evident for several months.

G6PD deficiency

Glucose 6-phosphate dehydrogenase (G6PD) deficiency is highly prevalent in individuals originating from most parts of Africa, from most parts of Asia, from Oceania, and from Southern Europe; it can also occur, rarely, in any other individuals. G6PD deficiency is more common in males than it is in females.

Individuals with G6PD deficiency are susceptible to developing acute haemolytic anaemia when they take a number of common drugs. They are also susceptible to developing acute haemolytic anaemia when they eat fava beans (broad beans, *Vicia faba*); this is termed *favism* and can