

Hypochromic anemia

Hypochromic [anemia](#) is a generic term for any type of anemia in which the [red blood cells](#) are paler than normal. (Hypo- refers to less, and chromic means colour.) A normal red blood cell has a biconcave disk shape and will have an area of pallor in its center when viewed microscopically.

[Microcytic anemia](#) and [hypochromic anemia](#) are two different types of [anemia](#), although they can occur together and may have similar causes.

Microcytic anemia is a type of anemia characterized by smaller-than-normal red blood cells (erythrocytes) with a mean corpuscular volume (MCV) below the normal range. This type of anemia can be caused by various factors, such as iron deficiency, thalassemia, lead poisoning, and other rare genetic disorders.

Hypochromic anemia, on the other hand, is a type of anemia characterized by red blood cells that have a reduced amount of hemoglobin, the protein that carries oxygen. This can result in red blood cells that are paler in color than normal, giving them a “hypochromic” appearance. Hypochromic anemia can be caused by various factors, such as iron deficiency, chronic inflammation, and certain genetic disorders.

The key difference between microcytic anemia and hypochromic anemia is that microcytic anemia is defined by the size of the red blood cells, while hypochromic anemia is defined by the amount of hemoglobin in each red blood cell. While these two types of anemia often occur together, it is possible for a person to have microcytic anemia without hypochromia, and vice versa.

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