

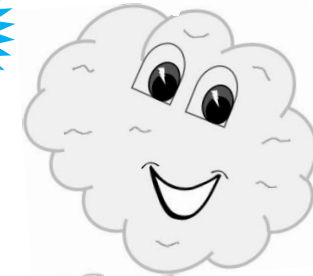
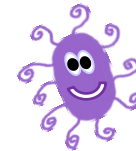
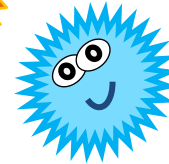
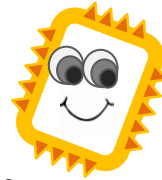
# Understanding your Blood Counts

When you're on chemotherapy or biological therapy (immunotherapy), your blood cells can be affected and can put you at higher risk for complications. This guide reviews some of the important types of blood cells that we monitor during your treatment, as well as extra precautions that you need to take if you're diagnosed with low blood counts.

**Always call HOA with any questions or if you're not feeling well!**

## White Blood Cells (WBC):

- ❖ WBC help fight infections
- ❖ Normal Range: 4 – 10
  - ❖ Granulocytes are a type of WBC that specifically help fight *bacterial* infections
  - ❖ Normal Range: 1.4 – 6.5



## What is LEUKOPENIA / NEUTROPENIA?

- ❖ Leukopenia is a low white blood cell count
- ❖ Neutropenia is a low granulocyte or neutrophil count
  - ❖ Also known as Absolute Neutrophil Count or **ANC**
  - ❖ **Low ANC increases your risk for infection!**

## What should you do if you have a LOW ANC?

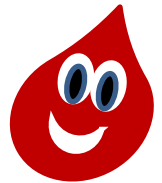
WASH YOUR HANDS FREQUENTLY ◊ Avoid people that are sick ◊ Avoid crowds

## Symptoms to report to your HOA Doctor [right away](#):

Fever ◊ Chills ◊ Cough ◊ Burning or pain with urination ◊ Wounds that aren't healing ◊ Redness or swelling ◊ Stiff neck ◊ Shortness of breath ◊ Sore throat ◊ Mouth sores

## Hemoglobin & Hematocrit:

- ❖ Hemoglobin (Hgb) carries oxygen in the red blood cells
  - ❖ Normal Range: FEMALES 11.5 – 15.5; MALES 13.5 – 18
- ❖ Hematocrit (Hct) refers to the percentage of red blood cells in your blood
- ❖ Normal Range: FEMALES: 36 – 45; MALES 41 – 53



## What is ANEMIA?

- ❖ Low Hgb or Hct

## What should you do if you have ANEMIA?

- ❖ Avoid vigorous physical activity & rest when fatigued
- ❖ Change positions slowly (lying-to-sitting-to-standing)

## Symptoms to report to your HOA Doctor [right away](#):

Extreme fatigue ◊ Heart palpitations ◊ Chest pain ◊ Shortness of breath ◊ Headache ◊ Dizziness

## Platelets:

- ❖ Platelets help the blood clot if you're cut or bleeding; NORMAL RANGE: 150 – 400

## What is THROMBOCYTOPENIA? What should you do if you have THROMBOCYTOPENIA?

- ❖ Low platelets
  - ❖ Try to avoid trauma; lessen the risk of bleeding/bruising
  - ❖ Avoid Aspirin (*must* discuss with your Doctor)

## Symptoms to report to your HOA Doctor [right away](#):

Excessive bruising ◊ Petechiae (small red spots) ◊ Bleeding (urine/stool/nose bleeds/bleeding gums)

**Questions? CALL HOA: 315 - 472 - 7504**

