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Commentary

Fundamental Significance of Processes and the Existence of Red Blood Cells

Coasta Vilar*

Department of Oncology, University Hospital of Santiago de Compostela, Santiago de Compostela, Spain

DESCRIPTION

The kind of blood cell that circulates in the body's blood and is created in the bone marrow. Hemoglobin, a protein found in red blood cells, transports oxygen from the lungs to every cell in the body. A Complete Blood Cell (CBC) test often includes checking the blood's red blood cell count. It can be used to check for diseases like leukaemia, anaemia, dehydration, and malnutrition also known as an erythrocyte or Red Blood Cells (RBC). Red blood cells contain a protein called haemoglobin. It transports oxygen. Red blood cells help to exhale by removing carbon dioxide from the body and transporting it to our lungs.

The bone marrow is where red blood cells are produced. They normally survive for 120 days before passing away. We can maintain healthy red blood cells by eating foods high in iron. Red blood cells need vitamins to grow and remain healthy. These include the B-2, B-12, and B-3 vitamins, which are present in foods like eggs, whole grains, and bananas. A further aid is folate. It can be found in orange juice, green leafy vegetables, dried beans, and lentils as well as fortified cereals. Unless they suffer from an illness that affects their red blood cells, most people rarely give their red blood cells any thought. A shortage of iron or vitamins in our diet or certain conditions can affect the red blood cell production. Red blood cell disorders can run in families.

Numerous forms of anaemia are caused by diseases of the red blood cells. This is a condition where there aren't enough red blood cells to adequately transport oxygen throughout the body. Red blood cells in anaemic individuals may appear normal, aberrant, larger than normal, or smaller than usual.

Fatigue, a rapid heartbeat, pale complexion, a feeling of coldness, and, in extreme cases, heart failure is all signs of anaemia. The growth and development of youngsters who don't have enough healthy red blood cells is slower than that of other children. These signs and symptoms highlight how vital red blood cells are to the daily functioning.

Sickle cell disease Instead of having the typical indented circular shape, the red blood cells with this hereditary disorder have a half-moon shape. The cells may become "sticky" as a result of this shape shift and become unable to move freely through blood arteries. A blood flow blockage results from this. Chronic or abrupt pain may result from this. Infection or organ damage are other potential outcomes. Compared to normal blood cells, sickle cells expire significantly more quickly—in about 10 to 20 days as opposed to 120 days. There are not enough red blood cells as a result.

Anemia normocytic these red blood cells are typical size and shape if we have this kind of anaemia. To meet the body's demands, however, don't have enough of them. This type of anaemia is frequently caused by chronic illnesses such rheumatoid arthritis, kidney disease, or cancer.

Red blood cells function

All body tissues receive oxygen from the lungs or gills through red blood cells and haemoglobin, which also transports carbon dioxide, a waste product of metabolism, to the lungs where it is expelled. When compared to invertebrates, whose oxygen-carrying pigment is carried freely in the plasma, vertebrates' red blood cells contain more oxygen-carrying pigment, making the exchange of oxygen and carbon dioxide as gases more effective and marking a significant evolutionary advance. The absence of a nucleus in the mammalian red cell provides an additional adaptation. As a result, the amount of oxygen needed for the cell's internal metabolism is relatively minimal, and the majority of the oxygen carried can be released into the tissues. The cell's biconcave form enables oxygen exchange to occur at a consistent pace throughout the biggest area possible.

The red cell develops in the bone marrow in stages. From a hemocytoblast, a multipotent cell in the mesenchyme, it becomes an erythroblast (normoblast). Over the course of two to five days, the erythroblast gradually fills with haemoglobin and loses its nucleus and mitochondria (particles in the cytoplasm that give the cell energy). The cell, known as a reticulocyte in a late stage, eventually develops into a fully complete red cell. In an adult person, there are around 5.2 million red cells per cubic millimetre of blood, with an average lifespan of 100–120 days.

Correspondence to: Coasta Vilar, Department of Oncology, University Hospital of Santiago de Compostela, Santiago de Compostela, Spain, E-mail: coastavilar22@gmail.com

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