



## Synopsis of the Causes, Pathology, and Epidemiology of Leukopenia

Suel Bello\*

Department of Hematology, Catholic University of California, California, United States

### DESCRIPTION

Low levels of white blood cells, or leukocytes, are referred to in medicine as leukopenia. Leukopenia can occasionally significantly increase the risk of infections, depending on its severity. Numerous factors, including prescription drugs, infections, autoimmune diseases, cancer, vitamin deficiency, and more, could be to blame. A complete blood count is the first step in the evaluation, however further tests may also be performed. Careful attention to lower risk of infections may be the only necessary treatment for minor cases. In addition to medications that target the underlying cause of the leukopenia, treatment options may include the use of growth factors to promote the production of white blood cells.

#### Different white blood cell types

Some diseases may impact some white blood cells but not others it is very beneficial to look at the many types of white blood cells in order to comprehend the potential problems and causes of leukopenia. Additionally, some causes of leukopenia may also cause low levels of platelets or red blood cells as a result of a shared bone marrow manufacturing route. A decreased level of all blood cell types, including white blood cells, platelets, and red blood cells, is referred to in medicine as pancytopenia.

These cells eventually differentiate into each unique type of blood cell that circulates through a process known as hematopoiesis. Even though nonspecific symptoms, fatigue, and a general sense of being poorly frequently occur with severe leukopenia, the signs and symptoms of leukopenia are primarily those of potential infections. Infection signs may include:

- a) A throbbing headache or tight neck,
- b) A fever chills or night sweats

### Causes

A genetic disorder known as constitutional neutropenia or physiological leukopenia causes a person to have a low white blood cell count.

In cancer treatment, understanding benign ethnic neutropenia is crucial because cut-offs for continuing chemotherapy or enrolling in clinical trials may not take into account the variety of "normal" white blood cell counts.

White blood cell count that appears low but is actually normal is known as pseudo leukopenia. Changes in the lab specimen after it is drawn, such as cell clumping in response to cold, may result in pseudo leukopenia. White blood cells may migrate into tissues or temporarily exhaust themselves battling an infection at the start of an infection, before additional can be released from the bone marrow, causing the phenomenon. A thorough history, including any risk factors for the illnesses mentioned above, drugs taken, travel history, and much more, and should be taken to start the diagnostic procedure. Look for any indications of infection during the physical examination. The spleen, lymph nodes, and skin should all be thoroughly inspected for any signs of bruises.

The best results are frequently obtained by addressing the underlying causes of leukopenia, such as curing infections or replenishing vitamin deficiencies. This might necessitate a bone marrow transplant for severe diseases like aplastic anemia. Antibiotics may occasionally be given even when there is no evident source of infection if leukopenia is severe (severe absolute neutropenia), as in cases of chemotherapy, and a fever is present. This might also apply to several antifungal or antiviral medications.

**Correspondence to:** Suel Bello, Department of Hematology, Catholic University of California, California, United States, E-mail: suelbello@gmail.com

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