

Hemoglobin (Hb or Hgb)



What is it?

***Hemoglobin-** measures the amount of hemoglobin in the blood, usually ordered as part of a CBC (Complete Blood Count); main component of RBC's (Red Blood Cells)

-Protein- that carries oxygen from the lungs to the body's tissues, CO₂ (Carbon Dioxide) from the tissues to the lungs to be exhaled



Facts:

***Hemoglobin-** is a protein that carries oxygen in the blood, contained in RBC (Red Blood Cells)

***Greater than Normal-** anemia of chronic diseases, congenital heart disease, cor pulmonale, hemochromatosis, pulmonary fibrosis, polycythemia vera, increased RBC formation associated with erythropoietin

***Lower than Normal-** anemia, erythropoietin deficiency (from kidney disease), RBC destruction associated with transfusion reaction, bleeding or loss of blood, lead poisoning, malnutrition, nutritional deficiencies of iron, folate vitamin B-12, Vitamin B-6; overhydration

***95 to 98% of Hgb-** is combined with oxygen at a pressure of 100 mmHg in the lung's capillaries; in the peripheral tissues, pressure may be as low as 20 mmHg, less than 30% of the oxygen remains combined with Hgb

***Arteries and Veins-** vary from one patient to another, one arm to another in size

What can I do?

***See your Physician**

***See RD for help as needed**

***See FFF RD on line for help**

***Normal-** Males- 13.8 to 17.2 gm/dl, female- 12.1 to 15.1 gm/dl



© 2004 Food Fitness First, Inc.
www.foodfitnessfirst.com