



Anaemia: A Nutritional and Genetic Condition

Anaemia is a condition marked by reduced healthy red blood cells or haemoglobin levels, limiting the blood's oxygen-carrying capacity. Common causes include **nutritional deficiencies**, particularly iron and vitamin B12, as well as genetic conditions such as sickle-cell disorders.

As anaemia is generally a **non-infectious deficiency or genetic condition**, rather than an illness caused by bacteria, viruses or parasites, **vaccination does not prevent anaemia**. Prevention primarily involves adequate nutrition, timely diagnosis and appropriate management of underlying causes.

APSC Relevance: Public Health, Nutritional Deficiency