

UNDERSTANDING YOUR "COUNTS"

WHITE BLOOD CELLS (WBC): FIGHT INFECTION

- You are at greater risk for infection when your WBC count is low – GOOD HANDWASHING HELPS!
- They're your "immune system". Normal Levels: 4 – 11
- Chemo makes your WBCs go down and back up during your treatment.
- **Neutrophils** are a type of white blood cell that fight bacterial infections. Normal level: 2 – 8

HEMOGLOBIN (HGB): CARRY OXYGEN IN YOUR BLOOD

- You may feel more tired and short of breath when your Hemoglobin is low.
- Drink lots of water or fluids to avoid feeling dizzy. Normal Levels are 120 – 180
- Blood Transfusion: 1-2 bags of blood are given when your Hemoglobin is 80 or below.

PLATELETS (PLT): CLOT YOUR BLOOD

- You will bleed and bruise more easily when your platelets are low.
- Blow your nose gently to avoid a nosebleed. Normal Levels are 150 – 400
- Platelet Transfusion: 1 bag of platelets is given when your Platelets are 20 or lower.

**BLOOD AND PLATELET TRANSFUSIONS MAY BE GIVEN AT OTHER TIMES
(Ex. BEFORE SOME PROCEDURES)**