

How the RBC or Heamoglobin Content in Women Helps to Become More Healthy

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Abstract: *Red blood cells (RBCs) are special cells that carries oxygen, from the lungs to all parts of our body. RBCs owe their oxygen-carrying capacity to haemoglobin, an iron-rich protein. This protein grabs oxygen and takes it around the body via the bloodstream. But they don't just carry oxygen. They also help remove waste products, like carbon dioxide, from body tissues. Keeping up the right count of RBCs matters a lot for well-being. Without RBCs, our cells would lack the oxygen they need to survive. On top of that, carbon dioxide would rise inside our bodies which is deleterious to the body. Especially In women RBC levels are important for their health. In this blog, we're going to cover why RBC or heamoglobin levels are important of women to become more healthy by keeping physical and mental stability.*

Keywords: Red blood cells, WBC, organized, disorganised, neurodiversity, impatient, hemoglobin, polycythaemia, oxygen carrier, pregnancy, chronic disorders, hemolysis, hemorrhage, etc

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