



the Physicians of Oncology Hematology West

Understanding your Complete Blood Count (CBC)

Your healthcare team will be checking your blood counts from time to time. One of the common tests we perform on your blood is the CBC. The important values on the CBC are explained below. You will note many other lab values on the CBC report; remember the values listed here are the important values that your healthcare team will be monitoring.

White Blood Cells (WBC): These cells are produced in the bone marrow and are a part of the body's immune system, helping to fight infection. A normal WBC count is 4,500-12,000 in adults.

Neutrophils: A type of WBC. It is the most important WBC in fighting infection, so you are at higher risk of infection when this number is below 1,000. A normal count (sometimes called ANC) is 1,500-8,000. A count below 1,000 is called neutropenia. When this count is low check your temperature at least twice a day. Notify your healthcare team if you have a temperature greater than 100.5, shaking chills, a sore throat, or a sore/wound that doesn't heal.

Hemoglobin: The part of a red blood cell that is responsible for carrying oxygen to the tissues. Normal levels for an adult female are 12-16 and 13.5-17.5 for an adult male. Low hemoglobin can make you feel tired. If you notice any difficulty breathing or pain in your chest, you should notify your healthcare team right away. If your hemoglobin count becomes too low or you experience breathing difficulties or chest pressure, you may need a blood transfusion.

Platelets: A blood cell that is involved in blood clotting. When this count is below 50,000, you are at higher risk of bleeding. The risk of bleeding increases as the count becomes lower. A normal count is 140,000-440,000 in an adult. Let your healthcare team know if you have any bleeding, including nose bleeds, or bleeding gums. If your platelet count becomes too low or you have bleeding you may need to receive a platelet transfusion.

For more information feel free to visit the website chemocare.com