

WHAT YOUR CBC (COMPLETE BLOOD COUNT) CAN TELL YOU

Doctors often prescribe blood tests of which CBC is one of the more common ones. But have you ever wondered what doctors are really looking for when they send you for a “CBC”? **The Complete Blood Count is one of the most informative blood tests available.** It’s like a **snapshot of your overall health**, giving clues about everything from infections to nutritional deficiencies. Let’s understand it better.

What is covered?

A CBC looks at three main types of blood cells:

Red Blood Cells (RBCs) – These carry oxygen from your lungs to the rest of your body. The CBC checks how many you have, how big they are and how much haemoglobin (the oxygen-carrying protein) they contain. Low numbers could mean anaemia, often due to iron deficiency or chronic illness. High numbers may point to dehydration or certain medical conditions.

White Blood Cells (WBCs) – These are the immune system’s soldiers. Too many can signal an infection, inflammation or, rarely certain blood cancers. Too few might mean your immune system is weakened, possibly from a viral infection or medication.

Platelets – These tiny cell fragments help your blood clot. If they’re too low, you may bruise or bleed easily; too high, and your blood might be more prone to clotting.

What do the numbers point to?

A CBC isn’t just about high or low counts. Doctors also look at the size, shape, and distribution of your blood cells. For example, smaller-than-normal red blood cells may hint at iron deficiency, while unusually large ones could suggest a vitamin B12 or folate deficiency.

Significance of CBC

The CBC results are quite significant as they can reveal the presence of the following:



- **Infections** – Elevated WBC count often points to your body fighting something off.
- **Anaemia** – Fatigue, weakness and pale skin might make your doctor check your RBCs and haemoglobin.
- **Blood Disorders** – Such as clotting problems or bone marrow issues.
- **Nutritional Deficiencies** – Iron, vitamin B12 or folate shortages show up in your red cell details.

A part of the whole

While a CBC can reveal a lot, it doesn’t give all the answers. Abnormal results often emphasise the need for further tests. Think of it as the opening chapter in your health detective story.

Value your CBC report

Time to change your perception of a CBC test. The next time your doctor orders one, remember it’s more than just “a routine test.” It’s a quick, affordable way to spot early warning signs and keep track of your health.