Health Specialist Warns About Dangers of High Neutrophil Count in Blood

Health specialist, Dr. Nick Chaiyapin from [http://www.onlinemedicinetips.com](http://www.onlinemedicinetips.com), had announced that people should not take high neutrophils count in blood lightly. "If high neutrophils from blood test result become evident, it is a definitely a cause of concern," said Dr. Chaiyapin.

Los Angeles, CA (PRWEB) March 24, 2011 -- Health specialist, Dr. Nick Chaiyapin from [http://www.onlinemedicinetips.com](http://www.onlinemedicinetips.com), had announced that people should not take high neutrophils count in blood lightly. "If high neutrophils from blood test result become evident, it is a definitely a cause of concern," said Dr. Chaiyapin.

Neutrophils are a kind of white blood cells that help to protect the body from infections and pathogens. They are the first cells from the immune system to reach the site of infection where they consume the infectious agents and then die. However, there are ample neutrophils circulating in the blood, so there are always more to the place of the ones that perish.

At times, due to strenuous exercise or stress, the number of neutrophils can increase. However, this is a transient phase and last just for 20 to 30 minutes. This kind of increase is referred to as shift neutrophilia. On the other hand, true neutrophilia refers to an infection that leads to the bone marrow producing more cells.

According to Dr. Chaiyapin, high neutrophils from blood test result are evident due to numerous factors. "A person should have a thorough checkup done when the blood test results reveal a high count of neutrophils as bacterial infections, pre-eclampsia, poisoning or even cancerous tumors could be causing this increase", revealed Dr. Chaiyapin.

Bacterial infection, fungal infections, viral infections, parasitic infections, spirochetal infection, or rickettsia could result in the neutrophil count shooting up. Even inflammations that are non-infectious in nature, such as burns, severe gout, strangulated hernia, severe myocardial infarction and rheumatic fever, can result in a high count of neutrophils.

Other conditions like severe hemorrhage, uremia, poisoning, taking too many corticosteroids, myeloproliferative disorders, and hereditary neutrophilia can cause the count to shoot up.

In a normal healthy person, the neutrophil count ranges from 3,150 to 6,200. Anything more than this range is considered to neutrophilia or high neutrophil count.

A person can avoid the shock of high neutrophils in blood test result by ensuring that they lead a healthy lifestyle. Dr. Chaiyapin contends that people should take care about their dietary and lifestyle habits. "Eating healthy foods, like fresh vegetables, fruits, whole grains and unsaturated fats, boosts immunity and doing regular exercise will enhance the immune system to fight infections better."

"Never ignore the doctor's recommendation to have a WBC count done. It is not only a reliable, but also an expensive way to ensure better and faster prognosis," concluded Dr. Chaiyapin.
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