

Anemia

What is it?

Anemia is the most common blood disorder. There are several forms of anemia. While the causes differ the result is a blood condition created by a depletion in the number of healthy red blood cells or hemoglobin. The most common form of anemia is caused by a deficiency of iron intake, thereby reducing the number of red blood cells that can be produced by the body.

Why do people get it?

Poor diet is a common cause of anemia. Protect yourself by eating a balanced diet of iron rich foods. “Fad” diets are often poor iron sources.

Intestinal Disorders, Menstruation, and Chronic Conditions can cause a reduction of red blood cells directly from bleeding.

Pregnancy can cause anemia because the mother must now provide iron for a growing baby.

Family History of anemia increases the likelihood of inheriting the condition.

What are the symptoms of Anemia?

- Often, no symptoms
- Feeling tired
- Pale skin
- Rapid heartbeat
- Shortness of breath
- Dizziness
- Fast or irregular heartbeat
- Headache
- Chest pain

What can you do?

Anemia can be avoided by eating a healthy and varied diet, which includes iron rich foods. Some of the best sources of iron include:

- Beef, pork, and lamb
- Whole grain breads and pastas (\geq 3g of fiber per serving)
- Nuts and seeds
- Beans and peas
- Dried fruit
- Foods containing vitamin C will help to increase the absorption of iron.
- Iron fortified cereals
- Dark green, leafy vegetables
- Multivitamin with 100% RDA of Iron (women:18mg/day & men: 8mg/day)

Should you see a doctor?

You should see a health care provider if you’re feeling fatigued for unknown reasons, especially if you are at risk for anemia. There are many causes of fatigue: don’t assume that because you are tired you have anemia.

For More Information:

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