



## ANEMIA

### What Is Anemia?

Anemia is a condition of decreased RBC's (due to bleeding of dilution, or poor production) that results in a decrease in your body's ability to carry oxygen throughout the body.

### What Are The Symptoms Of Anemia?

- \* Fatigue
- \* Irritability
- \* Dizziness
- \* Memory Problems
- \* Headaches
- \* Pale color of the skin

### DUB And Anemia

Abnormally heavy bleeding especially if coupled with inadequate dietary iron intake can also lead to anemia work up of this condition may include a good history, physical exam, labs and imaging studies and medical or surgical treatment. Initial therapy is also with iron supplementation and adequate intake of dietary.

### Pregnancy And Anemia

During pregnancy a woman's body has a lot of demands on it. The body increases the amount of blood by 40% as it grows the unborn baby. Dietary iron is not available to meet demands of both mother and fetus. Iron supplements are given in prenatal vitamins to meet maternal and fetal requirements during pregnancy. Iron levels are checked in pregnancy at the first prenatal visit and again at around 28 weeks to ensure a woman's iron is adequate. If these levels are low, it may be necessary to add additional iron, through supplementation.

### What Are Good Sources Of Iron?

- \* Vegetables - broccoli - spinach - kale - beet greens - dried peas - dried beans
- \* Fruits - prunes - apricots
- \* Meat sources - liver - lean meats
- \* Other protein sources - eggs - fish - turkey
- \* Other sources - peanut butter - molasses - whole grain

### Why Is It Important To Take Vitamin C With Iron?

Vitamin C helps the body to absorb the iron more efficiently. Vitamin C can be found in oranges, grapefruit, strawberries, cantaloupe, broccoli, tomatoes, raw cabbage, bean sprouts, cauliflower.

### What Things Decrease The Absorption Of Iron?

Caffeine intake taken at mealtimes can reduce the absorption of iron.