

Fast Facts

Anemia

- Occurs when the body doesn't have enough red blood cells to carry oxygen to the tissues
- Three main reasons it occurs: your body doesn't make enough red blood cells, your body destroys red blood cells faster than it can create new ones, or you have bleeding that causes you to lose a large number of red blood cells
- Can be temporary or long-term and mild or severe
- Multiple different types

| <i>Symptoms</i> | <i>Treatment</i> | <i>Prevention</i> |
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| <ul style="list-style-type: none">-Fatigue-Weakness-Pale/yellowish skin-Shortness of breath-Dizziness/lightheadedness-Irregular heartbeats-Chest pain-Cold hands/feet-Headaches | <ul style="list-style-type: none">-Depends on the cause-If severe, require blood transfusions-Once stabilized, the cause will be determined to prevent future episodes | <ul style="list-style-type: none">-Certain types can't be prevented-Eat a diet rich in iron, folic acid, Vitamin B-12, and Vitamin C-Avoid things that could cause disease that make you susceptible to anemia |

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