

## Fast Facts

### Anemia

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

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