

# Anemia

The most common form of anemia is a blood condition in which there are too few red blood cells and the red blood cells that are present may be deficient in hemoglobin. Hemoglobin is the part of blood that carries oxygen. Iron is one of the parts of hemoglobin

## Symptoms of Anemia

- feeling tired
- dizziness
- headaches
- feeling cold
- difficulty breathing

## Causes of Anemia

Low levels of iron is the most common cause of anemia. Factors that can reduce the body's iron levels include:

- blood loss (menstruation)
- iron poor diet
- an increase in the body's need for iron

Women are at risk for developing anemia because of pregnancy and monthly blood loss.

## Treatment

Iron deficiency anemia can be treated and cured. Iron deficiency anemia can be treated with iron supplements, dietary changes or both.

### Iron Rich Foods

- |              |           |
|--------------|-----------|
| • Chicken    | • Tuna    |
| • Oysters    | • Eggs    |
| • Clams      | • Shrimp  |
| • Beef Liver | • Veal    |
| • Beef       | • Ham     |
| • Turkey     | • Haddock |

- Mackerel
- Beans (Kidney, Navy, Lima, Garbanzos)
- Tofu
- Lentils
- Spinach
- Sweet Potatoes
- Broccoli
- Watermelon
- Strawberries
- Raisins
- Dates
- Figs
- Iron Fortified breads & cereals