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If you think you may be suffering from anemia, please ask your healthcare provider for a referral.

We can help you find a treatment that works best for you.

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Appelez le 1-888-986-6341 (ATS: 711)

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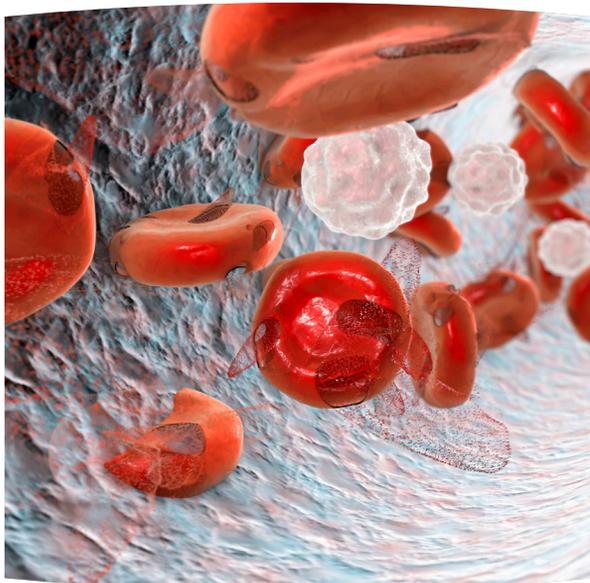
Anemia

Understanding iron deficiency anemia

The average person loses a small amount of iron each day. In addition, there are medical and surgical reasons that can cause iron deficiencies in some patients. If we cannot make up these losses through our diet, we may become anemic. However, treatment is available through EMMC Anemia Management Specialists that can make you feel like yourself again.

What Causes Iron Deficiency Anemia?

- A diet low in iron
- Chronic kidney disease
- The inability to absorb iron caused by intestinal disorders such as Crohn's disease, celiac disease, or gastric bypass surgery
- A loss of blood:
 - acute** - from surgery or trauma
 - chronic** - from an ulcer, a bleeding tumor, uterine fibroids, colon polyp, colorectal cancer
- An increased need for iron due to pregnancy or cancer treatment



Signs and symptoms of anemia

Often there are no physical signs, and the anemia is diagnosed with a blood test to screen for anemia, but some of the more common are:

- Pale, weak, fatigued or lack of energy
- Unusual shortness of breath
- Fast heartbeat
- Colder hands and feet than usual

How is iron deficiency anemia treated?

- Oral iron supplements or intravenous iron infusions
- Increasing iron, folate, vitamin C, and vitamin B12 in your diet
- Rule out blood loss and treat the cause

How will I be diagnosed?

Your healthcare professional will ask about your medical history and any symptoms you may be having and test a sample of your blood. The main blood test used to diagnose anemia is the Complete Blood Count (CBC). The CBC will measure hemoglobin. Normal Hemoglobin Ranges

Male:	13 or higher g/dL
Female:	12 or higher g/dL
Pregnancy:	11 or higher g/dL

Two other tests that are used to diagnose iron deficiency anemia are ferritin, which measures how much iron is being stored in your body, and transferrin saturation, which measures the amount of iron in the body that is available for immediate use.

Iron deficiency anemia (IDA) symptoms

When you don't have enough oxygen delivered throughout your body, you may feel tired or experience other IDA symptoms. Symptoms may be mild to moderate, and as the IDA worsens, may become severe. Symptoms may include:

- Unexplained tiredness
- Lack of energy
- Weakness
- Headache
- Shortness of breath or chest pain
- Fast heartbeat
- Being pale or having yellow skin
- Sore tongue
- Pica (a craving for ice or clay)
- Dry skin
- Restless legs

If you are experiencing any of these symptoms, talk to your doctor.

Why knowing your iron levels is important

If you have IDA, your iron levels need to be restored so your body can make healthy red blood cells (RBCs). Your doctor may prescribe treatment to replenish your needed iron.

Monitoring treatment response, usually with blood test, can be important to determine if your iron treatment is working. How well you are tolerating the treatment is also important. You must have enough iron in your body to be able to build healthy red blood cells.

Know your laboratory values:

Hemoglobin

Result _____

Date _____

Tsat

Result _____

Date _____

Ferritin

Result _____

Date _____

Other

Result _____

Date _____