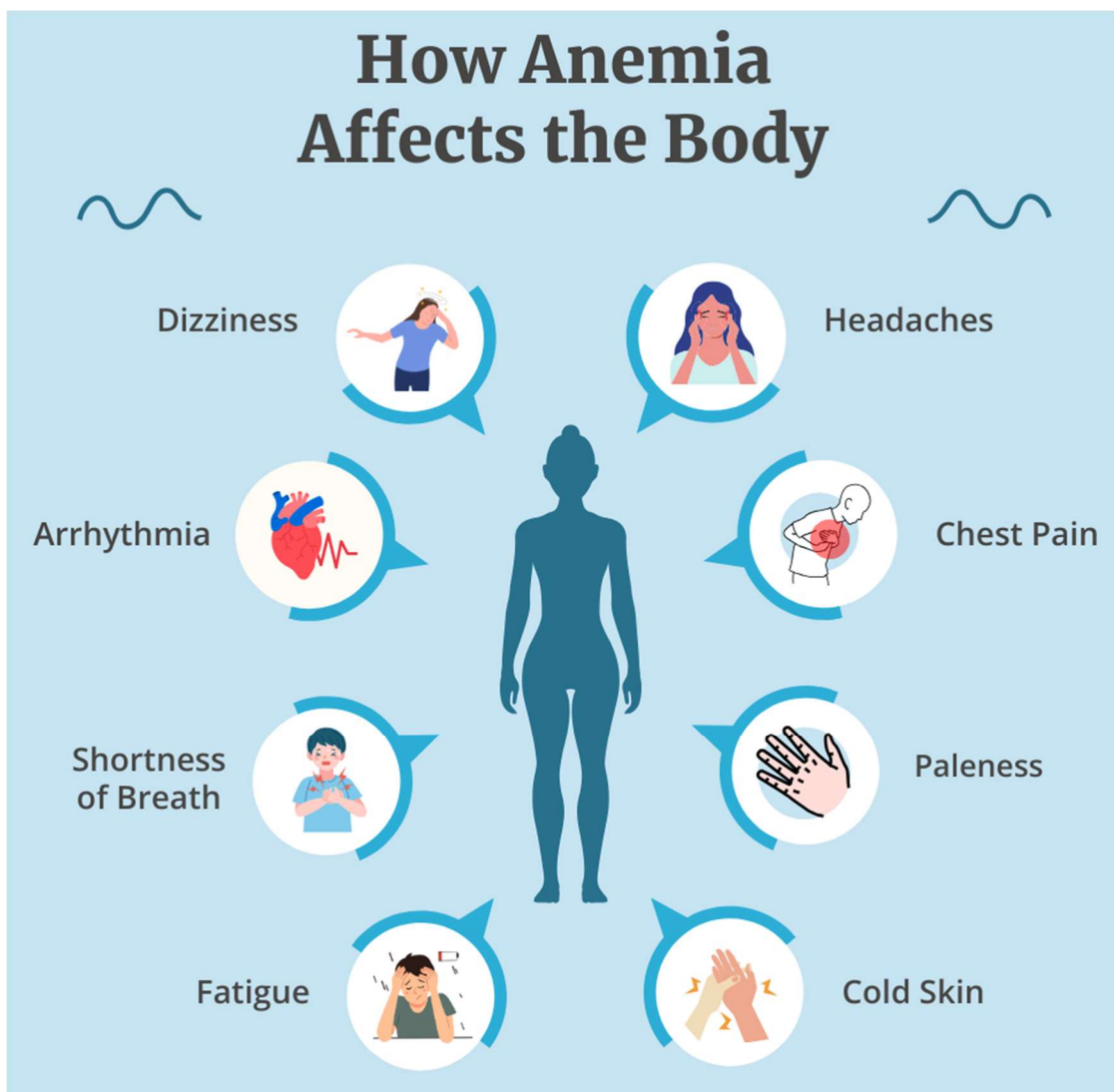


Are you Anemic?

Do you suffer from one or more of the following?

- Fatigue – feeling weak or tired
- Dizziness or feel like fainting
- Cold hands or feet
- Pale skin or nails that break easily
- Trouble thinking clearly or a hard time concentrating
- Shortness of breath or chest pain
- A fast or irregular heart beat
- Fewer menstrual periods or increased bleeding during periods



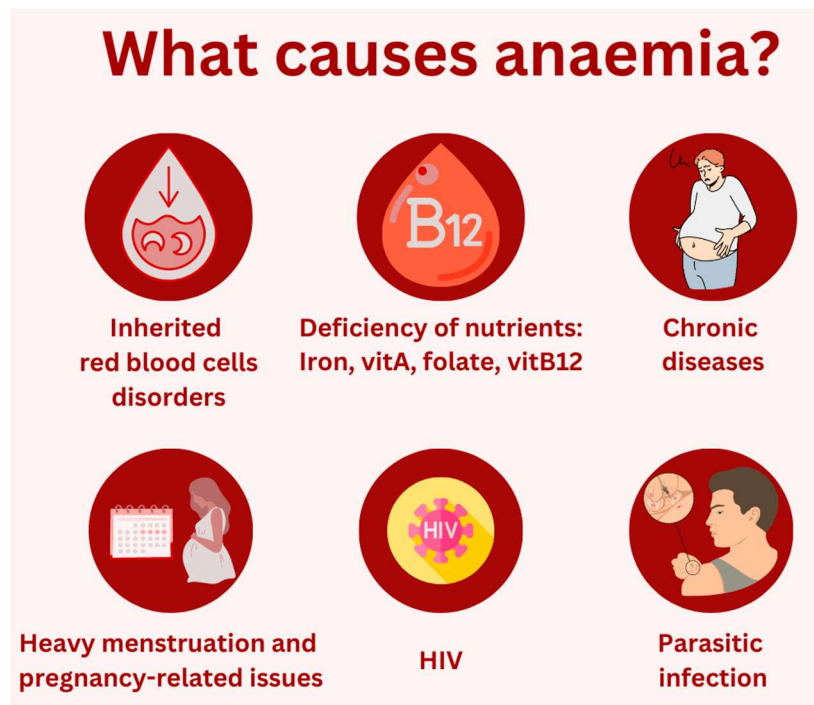
Chances are that you may be suffering from Anemia. The problem is very common & as per available data, about 25% men & > 50% women in India are suffering from Anemia.

What is Anemia?

A person with anemia has less hemoglobin or fewer red blood cells in his or her blood than normal level. Red blood cells carry oxygen to all the cells of body. When the number of red blood cells or hemoglobin is lower than normal, less oxygen is carried in the blood.

Anemia can be caused by:

- **Iron deficiency** (most common)
- **Vitamin B12 or folate deficiency**
- **Chronic diseases** (like kidney disease or inflammation)
- **Blood loss** (periods, ulcers, internal bleeding)
- **Bone marrow issues** or genetic conditions (like sickle cell or thalassemia)



A doctor usually orders following tests to determine the cause of Anemia:

- Haemoglobin and haematocrit
- Serum Iron studies
- Vitamin B12 and folate levels
- Reticulocyte count (how many new red blood cells you're making)
- Faecal Occult Blood (to rule out GI bleed)
- Haemoglobin HPLC (For diagnosis of disorders like thalassemia)

Treatment (Depending on the Cause)

If Anemia is due to iron deficiency:

- **Iron supplements**
 - Take with vitamin C (like orange juice) to boost absorption
 - Avoid taking with dairy, coffee, or tea (they block absorption)
- **Iron-rich foods:**
 - Red meat, chicken, turkey
 - Spinach, lentils, beans, tofu
 - Fortified cereals or breads



If Anemia is due to B12 or folate deficiency:

- **B12 supplements** (oral or injections, if severe)
- **Folate supplements**
- **Foods** rich in B12: meat, dairy, eggs
- **Foods** rich in folate: leafy greens, citrus, beans

If Anemia is due to chronic disease:

- Managing the underlying condition is key
- Sometimes, meds like **erythropoietin** (for kidney disease) may be used

If Anemia is from blood loss:

- Find and treat the source (e.g. heavy periods, ulcers)
- You may need iron supplements and possibly treatment like endoscopy or gynaecologic evaluation.