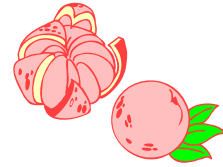




Anemia



What Is It?

***Blood condition-** number, size of the red blood cells (RBC) is below normal

***Red blood cells-** carry oxygen from the lungs to the tissues

WHAT are the symptoms?

*Lethargy, shortness of breath (SOB), weakness, poor concentration

*Dizziness, apathy, fainting spells, reoccurrence of colds, irritability,
poor regulation of temperature, pale complexion

***During pregnancy-** anemia increases risk of spontaneous abortions,
low birth weights, premature births

*Compromises intellectual development during first few months or years of life

***Advanced case-** patients crave chalk, ice or dirt (pica)

*Thin and flat fingernails, smooth waxy tongue, stomach disorders

Information:



***At risk-** those who exercise, elevated oxygen needs

*Consume fewer than 2,500 calories per day

*Need a well balanced diet

*Has been pregnant within the last 2 years

*Vitamin C rich foods increase the absorption



***30% have folate deficiency-** folate protects against neural tube defects in first
trimester, needs increase by 400 ug, intake of 1+ mg/day can cure anemia,
may mask B12 anemia

***AVOID- ALCOHOL**



WHAT CAN I DO?

*See your Physician

***Eat Iron (Fe) rich foods-** see a Registered Dietitian

*See RDA's and read labels

*See sheet on foods high in Fe

***During Trimester 1 and 3-** Hgb < 11.9 g/dl/Hct < 33%

***During Trimester 2-** Hgb < 10.5/Hct < 32%



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