

Anemia

Anemia is due to a decrease in hemoglobin found in red blood cells. Hemoglobin is part of the blood that carries oxygen to the cells.

Anemia occurs when your blood does not have enough red blood cells.

Some causes of anemia include:

- Your body does not make enough red blood cells
- Bleeding causes you to lose red blood cells more quickly than they can be replaced
- Your body destroys red blood cells

Signs and Symptoms

- Fatigue/tiredness
- Weakness
- Heart beating too hard or too fast, skipping a beat, or fluttering
- Dizziness
- Shortness of breath
- Headache unrelieved by medicine
- Pale skin especially in the nose or mouth

Things to Do

- Eat plenty of foods high in iron such as red meat, fish, poultry, beans, and dark green vegetables
- You can request additional information on symptoms related to anemia from your healthcare team
- We encourage you to talk to your healthcare provider before starting iron supplements or other treatments for anemia

Inherited anemia, such as thalassemia, may not need active treatment.

If you have symptoms of severe weakness, dizziness, shortness of breath, rapid heart rate, palpitations, or unrelieved headache, call your healthcare team at 732-235-2465.

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.