



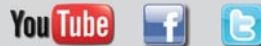
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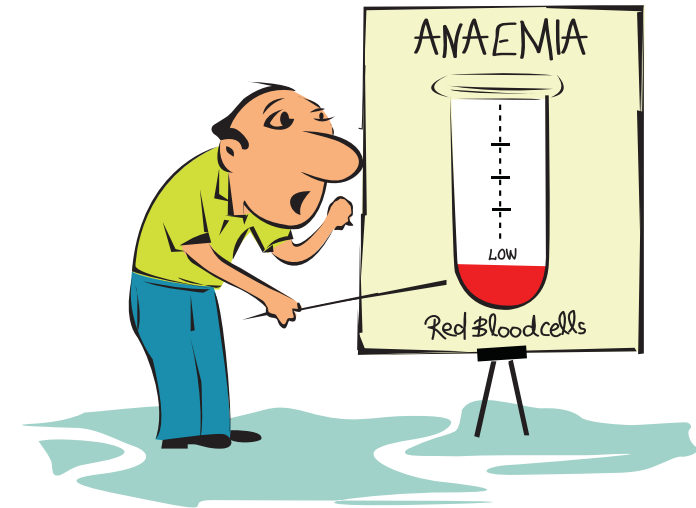
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ANAEMIA

Are you pale or in the pink of health?



Do you feel weak, tired or fatigued?
 Do you get short of breath?
 Do you have numbness or coldness in your hands or feet?
 May be you are anaemic



IRON DEFICIENCY ANAEMIA

Anaemia is the condition by which the blood lacks enough healthy Red Blood Cells. Red Blood Cells (RBC) carry oxygen to the organs. So a lack of RBCs will lack in a deficient supply of oxygen to the organs.

There are many types of anaemia caused by a variety of factors. The most common of those is iron-deficiency anaemia. It is easily preventable and once occurred, is easily treatable.

Iron deficiency anaemia, as the name suggests, is caused by a deficiency of iron in the diet.

Symptoms

- Pale skin
- Dizziness or light-headedness (when standing up or with exertion)
- Hair loss
- Fatigue or lack of energy
- Headache
- Problems concentrating on something in particular
- Shortness of breath (especially during exercise)
- Chest pain
- Constipation
- Problems in memory and thinking
- Tingling, numbness or burning sensation on the body
- Depression
- Frequent mouth ulcers
- Pruritus (itching)
- Poor social development
- Glossitis (inflammation and infection on the tongue)
- Flattening or spooning of nails

Causes of Iron Deficiency Anaemia

It can be due to decreased intake of iron or increased utilization of iron exceeding the dietary supply.

Complications

- Parasitic worm infection (round worm, hook worm, whip worm, etc.)
- Dietary insufficiency
- Poor Absorption of iron in the body
- Pregnant women - because iron stores are channelled for foetal blood formation
- Chronic severe blood loss (common in elderly with colon cancer)
- Heavy menstrual bleeding
- Continuous use of certain medicines.

Prevention

Many types of Anaemia cannot be prevented. But prevention is possible in the case of Iron Deficiency Anaemia and Vitamin Deficiency Anaemia, with proper dietary supplementation of iron and the required vitamins.

Iron - consume green leafy vegetables, beans, lentils, iron fortified cereals and dried fruits.

Folate - Folate and Folic acid can be found in citrus fruits and juices, bananas, dark green leafy vegetables, legumes and fortified breads and cereals.

Vitamin B12 - This vitamin is found naturally in meat and dairy products. Soya milk is also another source of vitamin B12.

Vitamin C - Foods containing vitamin C such as citrus fruits like lemon and oranges, melons and berries, help to increase the absorption of iron in the body.

INCLUDE GREEN LEAFY VEGETABLES AS MUCH AS YOU CAN IN YOUR DAILY FOOD AND REDUCE THE RISK OF IRON DEFICIENCY ANAEMIA.

