IF THE TREATMENT IS NOT GIVEN, IDA CAN CAUSE SERIOUS HEALTH ISSUES INCLUDING HEART PROBLEMS OR PREGNANCY COMPLICATIONS IN WOMEN. IDA CAN EVEN IMPAIR YOUR ABILITY TO WORK.

**SYMPTOMS:**
- Difficulty concentrating
- Shortness of breath
- Headaches
- Mood changes
- Dizziness
- Fast heartbeat
- Weakness
- Brittle nails
- Chest pain
- Ice cravings
- Fatigue
- Pale skin

**WHAT IS IDA?**
IDA is a common condition caused by having too little iron in the body. If untreated, IDA can cause serious health issues, including heart problems or pregnancy complications in women. IDA can even impair your ability to work.

**PREVALENCE**
In the United States, IDA affects approximately 6 million adults. Yet IDA is often UNDERDIAGNOSED & UNDERTREATED. Some patients may have no symptoms at first. Signs and symptoms of IDA can be similar to signs and symptoms of other conditions.

**TREATMENT**
If you have IDA, your iron levels need to be restored so that your body can make healthy red blood cells.

Treating IDA may improve the body’s iron levels, or restore them to normal.

When IDA is diagnosed, **iron supplementation** may be prescribed as a treatment.

**Oral iron**... is available both over-the-counter (OTC) and as a prescription drug.

**Intravenous iron**... must be administered by your healthcare provider.

In some cases, such as for severe IDA, **blood transfusions** may be required.

Restoring iron levels to normal can help improve anemia by increasing your hemoglobin levels.

If you have IDA symptoms, talk to your doctor about **diagnosis** and **treatment options**.