

## How will I be diagnosed?

Your healthcare professional will:

- Ask about your medical history and symptoms you may be having
- Perform a physical exam
- Test a sample of your blood

The main blood test used to diagnose anemia is the Complete Blood Count (CBC). The CBC will measure:

- **Hemoglobin (Hb):** This is the part of the red blood cell which contains iron and carries oxygen.
- **Hematocrit (Hct):** A percentage of red blood cells within a sample of blood.

	Men	Non-Pregnant Women
Normal Hb	14 to 17.4 g/dL	12.3 to 15.3 g/dL

Two other common tests that are used to diagnose iron deficiency anemia are serum ferritin and transferrin saturation.

- **Serum ferritin:** measures how much iron is being stored in your body.
- **Transferrin saturation:** Measures the amount of iron in the body that is available for immediate use.

If you think you may have iron deficiency anemia, take this brochure and discuss it with your healthcare provider. There are many treatment options available to treat anemia and iron deficiency anemia. Ask your doctor about what treatments are available and are best for you.

## “Could I be Anemic?”

Answer as many questions as you can, and be sure to share the results with your physician.

Do you feel tired or fatigued?

Always  Often  Sometimes  Never

Do you feel weak?

Always  Often  Sometimes  Never

Does your skin look pale?

Always  Often  Sometimes  Never

Do you get short of breath?

Always  Often  Sometimes  Never

Do you get dizzy?

Always  Often  Sometimes  Never

Is it difficult to concentrate?

Always  Often  Sometimes  Never

Have you experienced a rapid heartbeat?

Always  Often  Sometimes  Never

Do you have food cravings for non-nutritive substances such as ice?

Always  Often  Sometimes  Never

Do you have numbness or coldness in your hands or feet?

Always  Often  Sometimes  Never

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## Short of Breath? Weak? Tired?

*If you think you may be suffering from anemia, speak to your healthcare provider about treatment options*

*A Patient Guide to Chronic Kidney Disease (CKD)-Related Anemia*

# Iron Deficiency Anemia



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# Iron Deficiency Anemia



## Iron Deficiency Anemia (IDA)

Iron deficiency is the most common cause of anemia. It is a serious health issue and yet it often goes undiagnosed and untreated. Iron deficiency anemia occurs when there is too little iron in your body to make healthy red blood cells.

## Why Iron?

Iron is an essential part of hemoglobin. Hemoglobin is what allows your red blood cells to carry oxygen from your lungs to your brain and other vital organs and tissues. When your body has all the iron it needs, it stores the extra iron for future use.

When you have iron deficiency anemia your body does not have enough iron for production of healthy red blood cells. Your red blood cells may be small and pale. It may also not have enough iron in storage.

If you think you may be anemic, it is important to speak to your healthcare professional. There are treatments available to help correct and manage iron deficiency anemia and help you feel better!

## What causes IDA?

- A diet low in iron
- **Chronic Kidney Disease (CKD)**
- The inability to absorb iron—caused by intestinal disorders such as Crohn’s disease, celiac disease or gastric bypass surgery
- A loss of blood—either acute (surgery or trauma) or chronic (ulcer, a bleeding tumor, uterine fibroids, colon polyp, colorectal cancer, or gastrointestinal (GI) bleeding from regular use of aspirin)
- An increased need for iron—ESA (erythropoietin stimulating agent) use and pregnancy

We lose a small amount of iron each day. If we cannot make up these small losses through our diet either because our diet—is too low in iron or because we cannot absorb iron due to a disease state — we may become iron deficient.

Iron deficiency may also be caused by blood loss or an increased need for iron. If iron deficiency is not corrected, iron deficiency anemia may develop. Iron deficiency anemia is the most severe form of iron deficiency, as not enough iron is available in the bone marrow or in storage to produce healthy red blood cells.

## Signs and Symptoms

There are often no signs or symptoms, but some of the more common ones are:

- Pale, weak, fatigued or lack of energy
- Unusual shortness of breath
- Fast heartbeat
- Colder hands and feet than usual
- Unusual food cravings (pica)

Your red blood cells carry oxygen to all parts of your body. Every living human cell needs oxygen to live. Muscles are made up of millions of cells. An important muscle is the heart. This is why heart conditions can develop or worsen if there are not enough healthy red blood cells (RBCs) to deliver oxygen to the cells of the heart. Oxygen is the fuel needed for cell survival. Treating your anemia can also slow down the progression of chronic kidney disease.