WHAT THE F*CK IS ANEMIA?

BEING HEALTHY SHOULDN'T BE THIS HARD.

WHAT IS IT?

A CHRONIC CONDITION IN WHICH THE BODY LACKS RED BLOOD CELLS

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WHY DOES IT MATTER?

RED BLOOD CELLS ARE RESPONSIBLE FOR CARRYING AND TRANSFERRING OXYGEN THROUGHOUT THE BODY.

IF THERE'S A PROBLEM WITH YOUR RED BLOOD CELLS, THERE'S A PROBLEM WITH OXYGEN CIRCULATION.

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WHAT CAUSES IT?

A NUMBER OF REASONS IT CAN HAPPEN:

- YOUR BODY CANNOT MAKE ENOUGH HEMOGLOBIN
- YOUR BODY PRODUCES HEMOGLOBIN, BUT THE HEMOGLOBIN DOESN'T WORK CORRECTLY
- YOUR BODY DOESN'T PRODUCE ENOUGH RED BLOOD CELLS
- YOUR BODY BREAKS DOWN RED BLOOD CELLS TOO QUICKLY

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SYMPTOMS?

- DIZZINESS OR WEAKNESS
- HEADACHE
- SORE TONGUE
- PALE SKIN, DRY SKIN, OR EASILY BRUISED SKIN.
- UNINTENDED MOVEMENT IN THE LOWER LEG (RESTLESS LEGS SYNDROME)
- FAST HEARTBEAT
- FEELING FATIGUED OR COLD
- HAVING BRITTLE OR SPOON-SHAPED NAILS
- POSSIBLE HAIR LOSS
- SENSE OF TASTE CHANGING
- POSSIBLE RINGING IN YOUR EARS

*PROVIDED BY THE CLEVELAND CLINIC

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WHO DOES IT AFFECT?

IT AFFECTS MORE THAN TWO BILLION PEOPLE GLOBALLY, WHICH IS MORE THAN 30% OF THE TOTAL POPULATION.

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WHO DOES IT AFFECT? (CONT.)

MOST SEEN IN:

-WOMEN

-PEOPLE OVER 65

-PEOPLE ON BLOOD THINNERS

-INFANTS/TODDLERS

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MOST COMMON TYPES (#1)

IRON-DEFICIENCY ANEMIA:

CAUSED DUE TO THE LACK OF IRON IN THE BODY.

*CAN BE CAUSED BY PROLONGED BLEEDING, A CIRCUMSTANTIAL NEED FOR MORE (IF PREGNANT OR SICK), OR EVEN A LACK THEREOF IN A PERSON'S DIET.
**CAN CAUSE SEVERE ISSUES AND COMPLICATIONS

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MOST COMMON TYPES (#2)

SICKLE CELL ANEMIA:

CAUSED DUE TO THE **ABNORMAL SHAPE** OF THE RED BLOOD CELLS. "SICKLE SHAPED", WHICH MEANS THAT THEY CAN CLOG THE BLOOD VESSELS (I.E. CAUSE DAMAGE). PEOPLE WITH THIS TYPE OF ANEMIA OFTEN HAVE HEART AND LUNG COMPLICATIONS.

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HOW DOES IT AFFECT EXERCISE?

PEOPLE WHO ARE ANEMIC
MAY NOTICE:
1) FATIGUE FASTER
2) SHORTNESS OF BREATH
3) BURNING SENSATION IN MUSCLES
(DUE TO LACK OF OXYGEN SUPPLY)

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WHAT CAN I DO?

TALK TO YOUR HEALTHCARE PROVIDER.
ASK ABOUT A CBC
(COMPLETE BLOOD COUNT) TEST.
FOLLOW A HEALTHY DIET.
DRINK ADEQUATE AMOUNTS OF WATER.
EXERCISE REGULARLY (BUT WITH CAUTION).
TAKE IRON SUPPLEMENTS IF RECOMMENDED
BY H.C. PROVIDER.
OVERALL, THIS CAN BE MANAGED.

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