Anemia

What is Anemia?

Anemia is a condition in which you do not have enough red blood cells to carry an adequate amount of oxygen to your tissues. This results in feelings of exhaustion. This may be temporary or long term and the severity varies greatly from each individual.

Prevention:

- **Iron**—Beef and other meats, dark greens, dried fruit
- **Folate**—Citrus fruits, juices, dark greens, banana, pasta
- **B-12**—Meat, dairy, soy products and certain cereals
- **Vitamin C**—Fruits, melons and berries help with Iron absorption

By the Numbers

- 12% of women ages 19-49 have anemia
- Anemia is the fourth top reason for fatigue among women in the U.S

Symptoms:

- Fatigue
- Pale skin
- Irregular heart beat
- Shortness of breath
- Chest pain
- Dizziness
- Cognitive problems
- Cold hands and feet

During the Lenten season, it is tradition for Catholics to avoid eating meat on Fridays. During these days, it is important that your body still receives a sufficient amount of iron. Make sure you are finding healthy alternatives to meat which may include spinach, dairy products such as milk and cheese, pasta, and cereals such as Raisin Bran, Corn flakes and Crispix.

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