Anemia - Iron Deficiency

You have *anemia* (low blood hemoglobin) from an iron deficiency. In infants and children, this condition is usually due to a lack of iron in the diet (there is very little iron in milk). In adults, it is most often due to blood loss. This may be from heavy periods, intestinal bleeding, or pregnancy. It is important to find the cause of the anemia. Testing for hidden blood in the stool and special colon exams are often helpful.

Iron-deficiency is treated with oral iron supplements 2 to 3 times daily. Iron pills should be taken until blood tests show the *hemoglobin* (blood) level is normal. Iron supplements may upset your stomach. They can also cause constipation and dark stools. Iron supplements should be taken with a juice high in vitamin-C (orange juice or tomato juice). This increases their absorption. Taking them with food will decrease stomach upset. **You may also increase your dietary iron by eating:**

- Liver, canned oysters and lean beef.
- Wheat germ, whole grain breads and cereals, peas, and lentils.
- Molasses, dried prunes, spinach, and broccoli.

SEE YOUR CAREGIVER FOR FOLLOW UP AS SUGGESTED.

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