



A WHAT IS ANEMIA?

Anemia is a common condition when your blood is “weak.” In fact, with **anemia**, you feel “weak.” Although **anemia** is usually caused by iron deficiency (sometimes referred to as “Iron-Poor Blood”), other reasons for **anemia** in older adults include:

- Diseases (for example many cancers, chemotherapy, kidney and liver diseases)
- Arthritis & gout
- Various of infections, including bacterial & viral
- Nutritional & vitamin deficits (for example, Vitamin B12)
- Some medications (especially a new one that you are taking)
- Blood loss (from, for example, an ulcer)

B DO I HAVE ANEMIA?

If you have one of the following signs, you may have **anemia**:

- Low energy, excessive tiredness, shortness of breath
- Difficulty partaking in activities that were once comfortable and effortless (for example, climbing stairs)

C WHAT SHOULD I DO?

- If you think you may have **anemia**, contact your health care provider.
- He/she will likely, after asking you a number of questions and a general exam, take a simple blood test. If the blood test shows you have a hemoglobin of less than 12, this generally means you have **anemia**.

Treatment of anemia:

- Once the cause of the **anemia** is found and treated, the **anemia** generally improves.
- Your doctor may suggest dietary changes and iron vitamins to help you get better sooner.
- Usually, a repeat blood test (to evaluate the hemoglobin number) is taken in about a month.