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)

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)

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.