

Anemia

What if I have anemia?

Anemia is defined as when the red blood cell count or the hemoglobin level in the red blood cells fall below the desired level, leading to a lack of oxygen in the body which can have a negative affect on one's health. Because iron is used in making hemoglobin, if there is not enough iron in one's diet, the body will be unable to produce enough hemoglobin.

* Please refer to the document

[Looking at the results of your health check-up:](#)

http://sub1.apu.ac.jp/studentsupport/uploads/fckeditor/advisory/healthcare/Looking_at_the_results_of_your_health_check-up_E.pdf
for information on normal levels of hemoglobin.

What are the symptoms of anemia?

Symptoms may include the following:

- Tire easily or feel sluggish
- Prone to dizziness
- Quickly run out of breath
- A bluish complexion
- Lack of appetite
- Heart pounds from climbing stairs
- Fingernail or toenails are spoon-shaped
- Inability to concentrate
- Low-grade fever

If you are experiencing a number of the symptoms above, please come speak with the Health Clinic. The Health Clinic can refer you to a medical institution.

Iron-deficiency anemia is common in women

Approximately 10% of adult women suffer from iron-deficiency anemia, and about 40% have symptoms of iron deficiency (candidates for anemia). This is caused by a lack of iron. Because of dieting or an unbalanced diet, not enough iron is consumed with meals. Extreme exercise, stress, overwork, chronic gastrointestinal problems, and other health issues can weaken the digestive system so that even if one eats properly the body is unable to properly absorb nutrients which can cause iron-deficiency anemia.

How much iron do people need to supply their bodies?

Because iron can not be produced by the body, it must be supplied daily through meals.

Adult males need about 10mg per day

Adult females need about 12mg per day

Women need more iron than men to compensate for the loss of iron through menstruation.

Diet tips to prevent anemia

Eat plenty of foods rich in vitamin C (such as fruit) to promote the absorption of iron, in combination with protein-rich foods (like meat, fish, eggs, or soy products) to promote the production of blood cells. Morning in particular is an ideal time for the absorption of iron, so be sure to include fruits and protein in your breakfast. A well-balanced diet is essential to prevent anemia.

[Diet and Nutrition:](#)

http://sub1.apu.ac.jp/studentsupport/uploads/fckeditor/advisory/healthcare/Diet_and_Nutrition_E.pdf

If you have any concerns, please come to the Health Clinic any time.



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