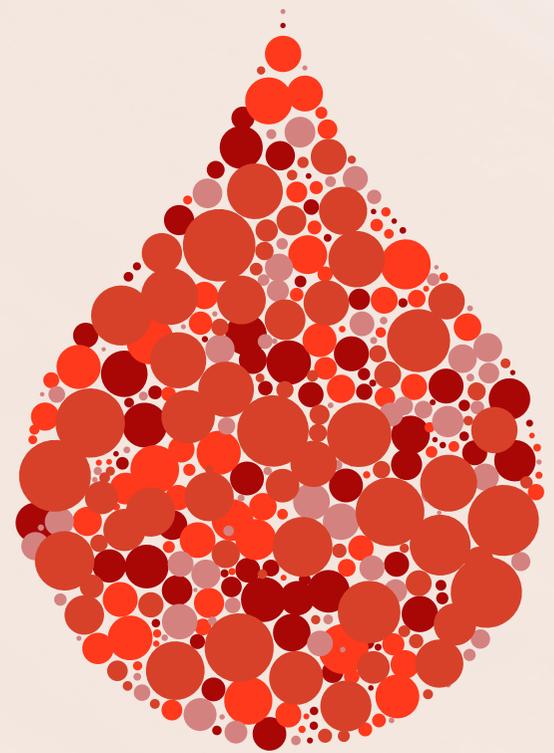


What is anaemia?

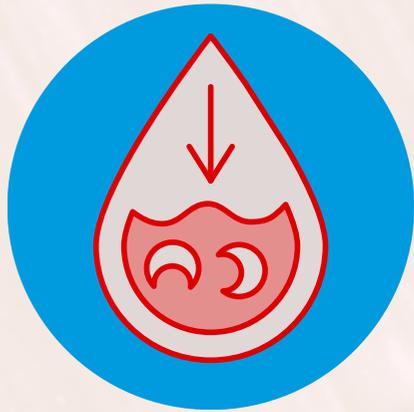
Anaemia happens when the number of red blood cells or the haemoglobin concentration within them is **lower than normal**.



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What causes anaemia?



Inherited red blood cells disorders



Deficiency of nutrients:
Iron, vitA, folate, vitB12



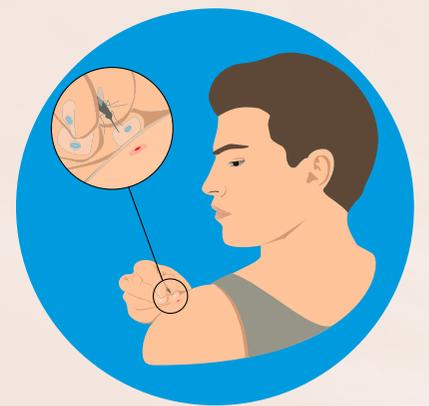
Chronic diseases



Heavy menstruation and pregnancy-related issues



HIV



Parasitic infection

Common symptoms of anaemia include



Tiredness



Dizziness or feeling
light-headed



Cold hands
and feet

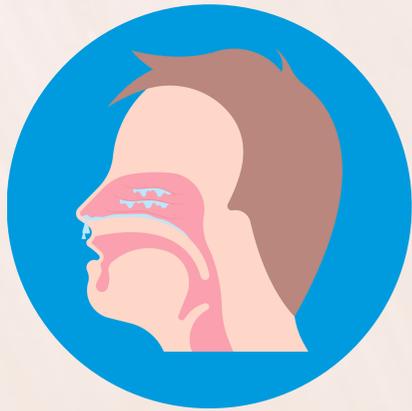


Headache



Shortness of breath,
especially when
exertion

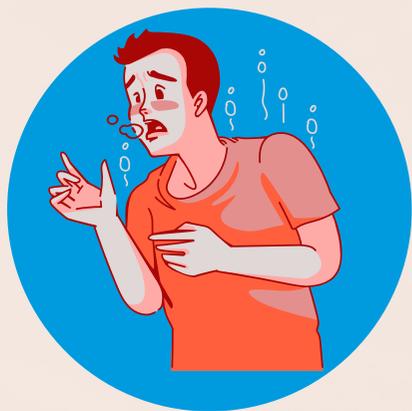
Severe anaemia may cause serious symptoms



Pale mucus membrane in the mouth and nose



Pale skin including under fingernail



Rapid breathing and heart beat



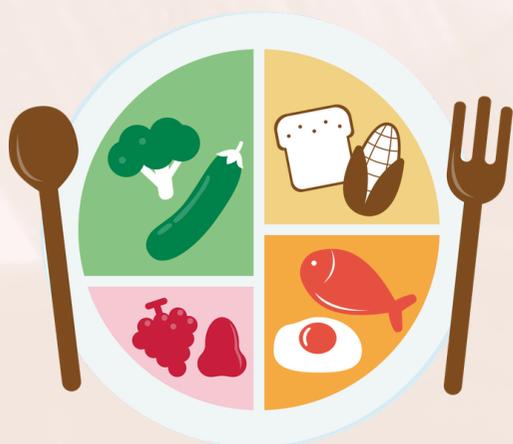
Dizziness when standing up



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Dietary changes can help reduce anaemia in some cases by



eating
a healthy and
varied diet



eating food rich in
iron, folate, vitamin
B12, vitamin A and
other essential
nutrients



Taking
supplements
when
recommended
by health
professionals

To reduce iron deficiency anaemia, eat these foods:



legumes (beans, lentils and chickpeas)



Meat



Eggs



Nuts and seeds



Dark leafy greens



Citrus fruits

Foods and drinks that slow down iron absorption when consuming iron-rich foods:



coffee



tea



cocoa



oats

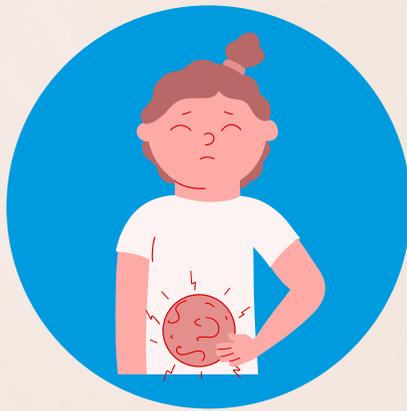


wholewheat
flour

Other health conditions can cause anaemia so make sure to



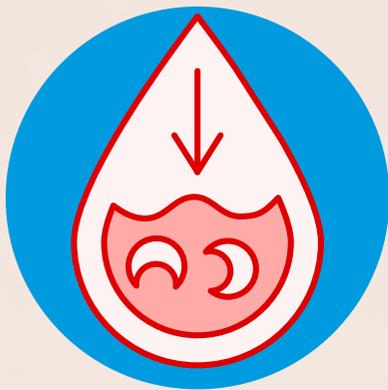
Get vaccinated



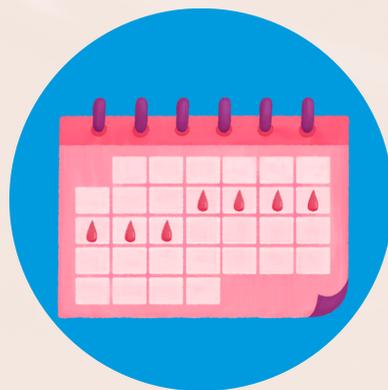
Treat infections



Manage chronic diseases



Manage inherited red blood cell disorders



Treat heavy menstruation & haemorrhage



Wait at least 24 months between pregnancies



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