

WHAT YOU NEED
TO KNOW

MANAGING ANEMIA IN OLDER PERSONS

MediSystem™
Pharmacy

A SHOPPERS DRUG MART COMPANY



Anemia is a condition marked by a deficiency of red blood cells or of hemoglobin in the blood. Having anemia may cause a person to feel weak or tired. It is the most common blood disorder in North America, affecting 3% of Canadians

COMMON TYPES OF ANEMIA & TREATMENTS

Iron Deficiency Anemia

Treatment (Iron Supplementation)	Elemental Iron	Considerations
Ferrous gluconate	35mg	<ul style="list-style-type: none">• Common side effects include: nausea, constipation, dark stool• Side effects more likely with higher doses• Many drug interactions• Best absorbed if given on an empty stomach
Ferrous sulfate (Fer-In-Sol)	60mg	
Ferrous fumarate (Palafer/Euro-Fer)	100mg	
Heme iron (Proferrin)	11mg	<ul style="list-style-type: none">• Better tolerated; more consistent absorption• More expensive
Iron polysaccharide complex (Feramax)	150mg	

Vitamin B₁₂ Deficiency Anemia

Treatment	Dose	Considerations
Vitamin B ₁₂ Supplementation	Oral: 1000-2000mcg Injection: 1000mcg	<ul style="list-style-type: none">• Oral: 1000-2000mcg daily for 1-2 weeks, then 1000mcg daily• Injection: 1000mcg daily x one week, then weekly for one month and monthly thereafter• Generally well tolerated

Folate Deficiency Anemia

Treatment	Dose	Considerations
Folic acid supplement	Oral: 1mg po daily (also available in 5mg tablets)	<ul style="list-style-type: none">• Less common than iron deficiency anemia• Common causes: alcohol abuse, pregnancy, drug interactions (eg. methotrexate, phenytoin)• 5mg po daily only recommended in cases of drug interaction; high risk of neural tube defects

REFERENCES:

Lim, W. Common Anemias. Compendium of Therapeutic Choices 7th Edition. Canadian Pharmacists Association. 2014. O'Bryant C, Thompson, A. Anemias. Koda-Kimble and Young's Applied Therapeutics 10th Edition. Wolters Kluwer. 2012.