

WHAT YOU NEED
TO KNOW

MANAGING ANEMIA IN OLDER PERSONS

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Pharmacy

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WHAT IS ANEMIA?

Anemia is a condition in which you don't have enough healthy red blood cells to carry adequate oxygen to the body's tissues. Having anemia may cause you to feel weak and tired.

Signs & symptoms of anemia include:

- Fatigue
- Weakness
- Pale or yellowish skin
- Irregular heartbeats
- Shortness of breath
- Dizziness or lightheadedness
- Chest pain
- Cold hands and feet
- Headache

Anemia can be very mild and regularly goes unnoticed. Symptoms tend to worsen as anemia worsens. Anemia is often discovered while investigating another illness, since early-stage anemia often involves few or no symptoms.

A diagnosis of anemia usually involves:

- A blood test that measures all the different components of your blood.
- A medical and family history that can indicate whether you've become anemic due to illness or a genetic condition.
- Other blood tests that will check for iron or vitamin deficiencies and look more closely at your red blood cells.

If you feel consistently weak or have any of the other symptoms associated with anemia, your next step should be to see your doctor.

REFERENCES:

<https://www.everydayhealth.com/anemia/anemia-basics.aspx>

<https://www.mayoclinic.org/diseases-conditions/anemia/symptoms-causes/syc-20351360>