

IRON DEFICIENCY ANEMIA & YOU

Feeling tired & fatigued? You could have IRON DEFICIENCY ANEMIA (IDA)

WHAT IS IDA?

IDA is a common condition caused by having too little iron in the body. If untreated, IDA can cause serious health issues, including heart problems or pregnancy complications in women. IDA can even impair your ability to work.

SYMPTOMS:

DIFFICULTY CONCENTRATING
SHORTNESS OF BREATH
HEADACHES
MOOD CHANGES
DIZZINESS
FAST HEARTBEAT
WEAKNESS
BRITTLE NAILS
CHEST PAIN
ICE CRAVINGS
FATIGUE
PALE SKIN

If you have IDA, your body has an iron shortage, so you can't make enough hemoglobin, an oxygen-carrying protein found in red blood cells. This means your body may not be able to produce enough healthy red blood cells or carry enough oxygen to the tissues in your body. This can happen if you have:

- Too little iron in your diet
- Blood loss
- Problems absorbing iron

Iron is an important building block of hemoglobin, a protein in red blood cells that carries the oxygen your tissues need.

IDA ESPECIALLY AFFECTS WOMEN AND PEOPLE WITH CERTAIN CONDITIONS:



PREVALENCE

In the United States, IDA affects approximately 6 million adults.¹⁻³ Yet IDA is often **UNDERDIAGNOSED & UNDERTREATED**.

- Some patients may have no symptoms at first
- Signs and symptoms of IDA can be similar to signs and symptoms of other conditions



TREATMENT

If you have IDA, your iron levels need to be restored so that your body can make healthy red blood cells.



Treating IDA may improve the body's iron levels, or restore them to normal

When IDA is diagnosed, **iron supplementation** may be prescribed as a treatment.



Oral iron...

...is available both over-the-counter (OTC) and as a prescription drug.



Intravenous iron...

...must be administered by your healthcare provider.

In some cases, such as for severe IDA, **blood transfusions** may be required.



If you have IDA symptoms, talk to your doctor about **diagnosis** and **treatment options**.

¹ Looker AC, Dallman PR, Carroll MD, Gunter EW, Johnson CL. Prevalence of iron deficiency in the United States. JAMA. 1997;277(12):973-976.

² Centers for Disease Control and Prevention. Iron deficiency - United States, 1999-2000. MMWR. 2002;51(40):897-9.

³ U.S. Census Bureau. 2014 American Community Survey 1-Year Estimates.