Iron deficiency anemia diagnosis pdf
Information is constantly changing, and some information here, may be out of date. For regular updates on various health conditions, see relevant articles about iron deficiency anemia. Anemia (ah-NEE-me-uh) is a condition that affects your red blood cells and their ability to transport oxygen throughout your body. Iron deficiency anemia is a type of anemia where your body does not have enough iron to make healthy red blood cells. Iron is an essential nutrient that helps your body make hemoglobin, which carries oxygen from your lungs to the rest of your body. Iron deficiency can affect people of all ages and genders, and the symptoms can vary depending on the severity of the condition. 

Iron is obtained from your diet and is absorbed in the small intestine. Once absorbed, it is stored in the liver and other tissues for future use. When the body needs more iron, it releases stored iron into the bloodstream to help make new red blood cells. If you have a condition that affects your iron stores, you may need to increase your iron intake or take iron supplements to prevent iron deficiency anemia. 

Symptoms of iron deficiency anemia may include:

- Fatigue
- Shortness of breath
- Pale skin
- Dizziness
- Poor concentration
- Headache
- Numbness or tingling in your fingers and toes

If you have symptoms of iron deficiency anemia, talk to your doctor about your symptoms and the need for further testing. Your doctor may perform a physical exam and order blood tests to confirm the diagnosis. Treatment for iron deficiency anemia may include:

- Increasing your iron intake by eating iron-rich foods like red meat, iron-fortified cereals, and leafy green vegetables
- Taking iron supplements
- Eating foods that contain vitamin C, which can help your body absorb iron better

Please note: This information was current at the time of publication. But medical science continually evolves, and the findings and recommendations may change as new information becomes available. Always consult your healthcare provider for personalized advice.