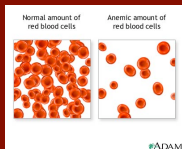


# Anemia

## Know the facts!

### What is anemia?

When your blood is deficient in healthy red blood cells you develop anemia from lack of oxygen to organs. It is the most common blood condition in the U.S affecting about 3.5 million Americans



### Who is at risk for anemia?

- Women who are menstruating, pregnant, or lactating
- People with low dietary iron intake
- Alcoholics
- Men and postmenopausal women who have ulcers, take aspirin, or have certain cancers
- Men and postmenopausal women who use aspirin or non-steroidal anti-inflammatory medications (NSAIDS), or have certain types of cancer (esophagus, stomach, colon).

### What are the signs and symptoms?

Symptoms of anemia occur because organs in the body aren't getting enough oxygen.

- Fatigue
- Pale skin tone and brittle nails
- Head ache
- Infection and major illnesses
- Ringing in the ears
- Heavy period
- Low blood value
- Iron deficiency
- Palpitations

### What food sources can keep you anemia free?

Iron rich foods!

- Dried beans
- Dried Fruits: apricots, prunes, raisins, etc.
- Nuts: Almonds, cashews, walnuts, etc.
- Whole Grains
- Leafy Greens: Spinach, Broccoli, etc
- Lean meats: beef, liver, lamb, and chicken



### .... Other causes of anemia:

#### Environmental factors:

- High exposure to chemicals
- High exposure to heavy metals and **Lead**

➤ Lead poisoning can cause anemia because high level of lead in the blood stream affect the absorption of oxygen, therefore limiting the amount of oxygen to the body's organs.

### What is Lead Poisoning?

Being exposed to lead in low or high doses over a period of time through various external sources.

### What are the signs and symptoms of Lead Poisoning?

- Behavior problems
- Hearing problems
- Learning problem.
- Slowed growth

### Lead Poisoning Screening Test:

Does/Has your child:

1. During the past 6 months has your child lived in or regularly visit a home, child care or other building built before 1977 with in which the plumbing has lead pipes, recent or ongoing painting, repair remodeling or damage?
2. Does your child have brother, sister, other relative, housemate, or playmate with lead poisoning?
3. Do you have pottery or ceramics made with in other countries or lead crystal or pewter that are used for cooking, storing or saving foods or drink?
4. Have family members that work at a place or has a hobby that involves any of the following: radiator repair, lead industry, welding, battery manufacture or repair, house construction or repair, Smelting, chemical preparation, making pottery, going to a firing range, stained glass with lead solder, brass or copper foundry, valve and pipe fittings, bridge, tunnel and elevated highway construction, industrial machinery or equipment, fishing weights or toy soldiers, refinishing furniture, burning lead painted wood, or automotive repair shop.
5. Eats foods that are cooked or stored in imported or glazed pottery?
6. Frequently chew on keys?

For other complete tests on Lead Poisoning go to:

(<http://www.keepkidshealthy.com/WELCOME/lead/leadscreening.html>)

**In California in 2001 1,400 people were tested positive for Lead Poisoning.**

### What are the effects of Lead Poisoning?

- Loss of IQ points
- Impairments in language fluency or communication
- Memory problems
- Trouble paying attention
- Lack of concentration
- Poor fine-motor skills
- Difficulty with planning and organization
- Difficulty forming abstract concepts
- Poor cognitive flexibility



### Whose at risk of Lead Poisoning?

- Children
- Children are closer to the ground and can inhale dust, paint particles, and other hazardous particles. They also play closer to the ground, near edges of structures and more likely to put toys, and other objects in their mouths.
- Adults
- Adults that work with lead or in building built before 1977.

### How to minimize symptoms?

- Drink plenty of fluids
- Take Iron, B6, B12, and Folate supplements

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