

## Anemia

Anemia means not having enough (1) red blood cells or hemoglobin. It causes (2) tiredness, weakness (3), and trouble breathing. It can show a big health problem. Treatments include taking vitamins (4), medical treatments (5), and eating well. Symptoms change depending on how bad the anemia is and why it happens. Sometimes, other sicknesses hide the symptoms.

### Symptoms:

- Pale or yellowish skin (6) (more noticeable on lighter skin)
- Shortness of breath
- Irregular (7) heartbeat
- Weakness
- Dizziness (8) or lightheadedness
- Chest pain (9)
- Tiredness
- Cold hands and feet
- Headaches (10)

Adapted from: [alamy.com](https://www.alamy.com), and [mayoclinic.org](https://www.mayoclinic.org)

## SYMPTOMS OF ANEMIA

