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**Writing Sample: Text for brochure on iron-deficiency anemia**

## **Iron-Deficiency Anemia**

Are you often very tired and weak for no reason? Is your energy too low to do everyday things? Do you have heavy periods? If so, you may have iron-deficiency anemia.

Iron-deficiency anemia is common and easy to treat. Learn the signs and symptoms.

### **Lisa's Story**

Lately, Lisa has been more tired than usual. She has low energy and often has trouble doing normal activities like walking the dog and going grocery shopping. She also gets more headaches than she used to, and sometimes feels dizzy. Lisa has long, heavy periods, and she wonders if this is part of the problem. Lisa mentions this to her sister, Nina. Nina tells Lisa to make an appointment with her doctor.

Are you a woman like Lisa? You may have iron-deficiency anemia.

### **What is iron-deficiency anemia?**

- Iron-deficiency anemia is a type of anemia.
- Anemia is when the body does not have enough red blood cells, which are cells in the blood that bring oxygen to the body's tissues.
- Iron-deficiency anemia means that the body also does not have enough iron.

### **What does it feel like to have iron-deficiency anemia?**

If you have iron-deficiency anemia, you may:

- Feel very tired for no reason
- Not have enough energy to do everyday things
- Feel weak or dizzy for no reason
- Feel pain in your chest
- Have trouble concentrating
- Have trouble catching your breath

If you have iron-deficiency anemia, you may have:

- Brittle nails
- Pale or yellow skin
- A tongue that is sore and swollen
- Hair that falls out

### **Who can get iron-deficiency anemia?**

Anyone can have iron-deficiency anemia. But you are more likely to have it if you:

- Have heavy periods
- Are pregnant
- Are breastfeeding
- Recently gave birth
- Are a vegetarian

### **I think I have iron-deficiency anemia. What should I do?**

Talk with your doctor about how you are feeling. They may ask you to come in for an appointment.

### **What will my doctor do?**

- Your doctor will ask you some questions about how you feel.
- Your doctor may also do a physical exam to check your body for signs and symptoms.
- If your doctor thinks you may have iron-deficiency anemia, they may have you do a blood test.
- If you have heavy periods, your doctor may also do a gynecologic exam. This may include a pelvic ultrasound, which is a test that uses sound waves to make pictures of the organs inside your pelvis. Your doctor may also suggest a biopsy of your uterus. This means that a doctor will insert a thin, flexible tool into your vagina to gently suction out a tissue sample of the lining of your uterus. The sample will then be sent to a lab for testing.

### **How is iron-deficiency anemia treated?**

How iron-deficiency anemia is treated depends on what is causing it. The most common treatments are:

- Iron supplements
- More iron in the diet through foods like red meat, poultry, fish, leafy greens, and beans
- More vitamin C in the diet through foods like citrus fruits, peppers, and kale

If diet changes and supplements do not help, your doctor may suggest other treatments such as iron therapy or surgery. It is not common for people with iron-deficiency anemia to need these treatments.

### **Lisa Talks With Her Doctor**

Lisa schedules an appointment with her doctor. At the appointment, her doctor says she should have a blood test. The test shows that Lisa does have iron-deficiency anemia. Lisa is worried, but her doctor assures her that her condition can be managed with some small changes to her diet and an iron supplement. Lisa feels relieved. She is glad that she has a plan for treatment.

For more information on iron-deficiency anemia, visit our website: [www.seacoastobgyn.com](http://www.seacoastobgyn.com)

## **Bibliography**

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