



# All you need to know about Anaemia as a blood donor

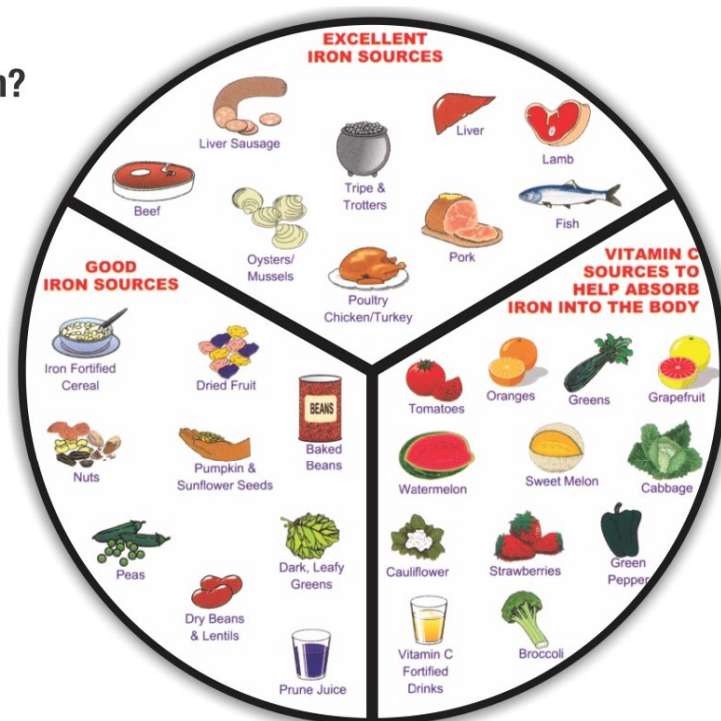
Anaemia is a condition where the amount of haemoglobin (Hb) in the blood is below the normal level, or there are fewer red blood cells than normal.

There are different types of anaemia and each one has a different cause. Although iron deficiency anaemia is the most common, a lack of vitamin B 12 or folate can also cause anaemia.

Iron deficiency might sometimes be asymptomatic (i.e. no symptoms). It may however, also include symptoms such as tiredness, lethargy or lack of energy, or if severe, shortness of breath and a pale complexion.

Our clinic nurses can tell you if you are anaemic by doing a simple finger prick test. Depending on your medical history and a short physical examination, the nurses can then also tell you if the anaemia can be treated symptomatically with iron supplements and eating iron rich food, or whether you should go and see your GP.

## Which foods are rich in iron?



**Please note:** Certain foods and medication can limit your body to absorb iron, such as

- Tea and coffee
- Calcium (found in dairy products such as milk and cheese)
- Antacids (common over-the counter medication to help relive heartburn and indigestion)

However, vitamin C rich food sources increases iron absorption.

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