



# Healthy Headlines

Anemia

February 25th – March 8th

## Anemia

CSB Health Services  
College of Saint  
Benedict

Lottie Hall, Lower  
Level

*(entrance is across from  
the BAC)*

St. Joseph, MN  
56374

(320) 363-5605

### Hours:

- Monday-Friday  
8:00 am - 4:30  
pm
- Weekends  
CLOSED
- Breaks  
CLOSED

Appointments are  
preferred

E-mail us!

healthinfo@  
csbsju.edu

Where we got our  
info:

Mayo Clinic  
http://

www.mayoclinic.co  
m/health/anemia/

DS00321/

DSEC-

TION=treatments-  
and-drugs

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CSB Health Advocates



Have fun. Play smart. Live well.

### Symptoms:

- ◇ Fatigue
- ◇ Pale skin
- ◇ Irregular heart beat
- ◇ Shortness of breath
- ◇ Chest pain
- ◇ Dizziness
- ◇ Cognitive problems
- ◇ Cold hands and feet

### What is Anemia?

Anemia is a condition in which you do not have enough red blood cells to carry an adequate amount of oxygen to your tissues. This results in feelings of exhaustion. This may be temporary or long term and the severity varies greatly from each individual.

### Prevention:

- ◇ **Iron**– Beef and other meats, dark greens, dried fruit
- ◇ **Folate**– Citrus fruits, juices, dark greens, banana, pasta
- ◇ **B-12**– Meat, dairy, soy products and certain cereals
- ◇ **Vitamin C**– Fruits, melons and berries help with Iron absorption

### By the Numbers

- ◇ **12%** of women ages 19-49 have anemia
- ◇ Anemia is the fourth top reason for fatigue among women in the U.S

During the Lenten season, it is tradition for Catholics to avoid eating meat on Fridays. During these days, it is important that your body still receives a sufficient amount of iron. Make sure you are finding healthy alternatives to meat which may include spinach, dairy products such as milk and cheese, pasta, and cereals such as Raisin Bran, Corn flakes and Crispix.