

Iron Deficiency anaemia-what is it?

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Iron-deficiency anaemia results when the body does not have enough iron to form haemoglobin, which means there is not enough haemoglobin to carry oxygen to the whole body, this is essential for one to effectively function physically and mentally. The body gets its iron from food. The main foods that contain iron are meat as iron-fortified foods (that is, foods that have iron added). If a steady supply of iron needed for this function is not met, then symptoms such as fatigue, mental under-performance and susceptibility to viral illnesses may ensue.

Iron-deficiency anaemia occurs when there is too

little iron in the body. A person can have a low iron level for three reasons:

- Blood loss, either from disease (eg. Heavy menses) or injury
- Not getting enough iron in the diet (eg. Not enough food or wrong kind of food)
- Not being able to absorb the iron in the diet (medical)

Iron-deficiency anaemia also can develop when the body needs higher levels of iron, such as during pregnancy and growth.

Please note that this health advice tip is purely advisory and should not replace advice from your medical practitioner nor should any food or drink listed in this sheet be taken without first consulting your Doctor.