

FIGHT ANEMIA

Add Colour to Life!

Are you suffering from anemia or at risk of developing it? Find out below!

Symptom	Please circle the appropriate answer	
1 Have you stopped participating in sports activities due to fatigue?	Yes	No
2 Do you feel tired during routine activities (e.g. house cleaning, gardening or walking up & down the stairs)?	Yes	No
3 Is there a noticeable decrease in your stamina at work or while working out?	Yes	No
4 Do your friends tell you that you appear pale, especially in the lips, palm and skin areas?	Yes	No
5 Do you have breathing difficulty or shortness of breath during routine work?	Yes	No
6 Have you been finding yourself confused easily and losing concentration lately?	Yes	No
7 Do you feel dizzy or even fainted recently?	Yes	No
8 Have you been experiencing rapid heartbeats?	Yes	No
9 Have you been feeling unusually cold?	Yes	No
10 Do you suffer from any chronic illness or infections?	Yes	No
11 Do you bleed heavily during menstruation?	Yes	No
12 Are you pregnant or recently delivered?	Yes	No
13 Are you a regular blood donor or have you recently undergone surgery?	Yes	No
14 Do you have dietary restrictions e.g. like being a vegetarian/vegan?	Yes	No
15 Do you eat a balanced daily diet consisting of meat products and vegetables?	Yes	No

- 1 - 9 ≥ 2 **Yes** You have some of the symptoms of anemia
- 10 - 12 ≥ 2 **Yes** You have some risk factors that can develop into anemia
- 13 - 15 ≥ 2 & 1 - 9 ≥ 1 **Yes** Your hemoglobin (Hb) levels may be normal, but the iron store in your body maybe low

Please hand this questionnaire to your health professional to confirm if Hb screening is needed.

Ways of handling iron deficiency anemia (IDA)

Once you are diagnosed with IDA, your doctor will advise:

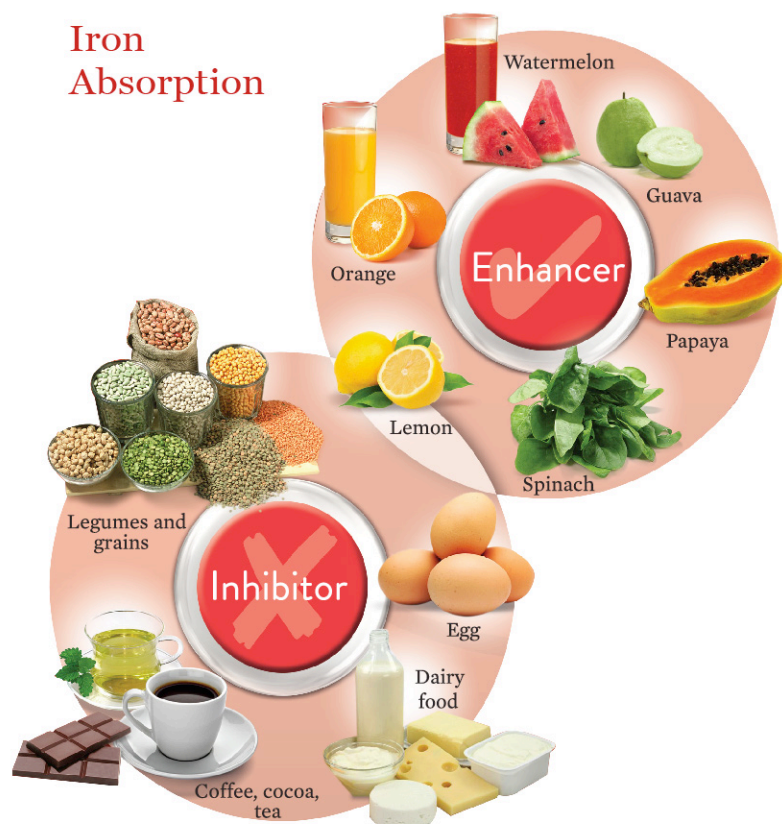
- » Take iron supplements to restore your hemoglobin levels and increase the iron store in your body.
- » Improve eating habits by including foods that are rich in iron & Vitamin C.

Once you start taking iron supplement tablets for your anemia, you will probably feel better within a few days. Please do not stop taking the tablets even if you feel better. This is because it takes several months to build up the iron store in your body.

Tips to prevent IDA

- » Eat iron-rich foods such as red meats, dark leafy greens and mussels. Take vitamin C or drink orange juices to enhance iron absorption.
- » Avoid milk, fizzy or caffeinated drinks when taking your iron supplement as these beverages can interfere with iron absorption.

Iron Absorption



References:

1. World Health Organization. 2008. Worldwide prevalence of anemia 1993-2005: WHO global database on anemia. http://apps.who.int/iris/bitstream/handle/10665/43894/9789241596657_eng.pdf;jsessionid=07D7A2382D43B49767C343ED564354A4?sequence=1. Accessed 15 Aug 2018.
2. Nils Milman. Iron and pregnancy- a delicate balance. *Ann Hematol* 2006; 85: 559-565.
3. National Coordinating Committee on Food and Nutrition (NCCFN) Ministry of Health Malaysia. 2017. Recommended Nutrient Intakes for Malaysia. <https://http://nutrition.moh.gov.my/wp-content/uploads/2017/05/FA-Buku-RNI.pdf>. Accessed 15 Aug 2018.