

## Anemia

Anemia is a condition (1) where the body lacks (2) enough red blood cells or hemoglobin, leading to symptoms like fatigue (3), weakness, and difficulty breathing. It can indicate serious health issues.

Treatments may involve taking supplements (4), medical (5) procedures, and eating a balanced diet. Symptoms can vary depending on (6) the severity (7) and cause of the anemia and may sometimes be hidden by other illnesses.

### Symptoms:

- Pale (8) or yellowish skin (more noticeable on lighter skin)
- Irregular (9) heartbeat
- Weakness
- Dizziness (10) or lightheadedness
- Chest pain
- Shortness of breath
- Cold hands and feet
- Headaches
- Tiredness

Adapted from: [alamy.com](https://www.alamy.com), and [mayoclinic.org](https://www.mayoclinic.org)

# SYMPTOMS OF ANEMIA

