

Medical Oncology

Anemia Information Sheet

Anemia

Anemia is when you do not have enough red blood cells to carry the oxygen your body needs. Your hemoglobin and hematocrit levels will be below normal.

What are the signs and symptoms of anemia I should be looking for?

- Feeling weak or tired
- Dizziness.
- Shortness of breath.
- Heart palpitations (racing heartbeat).
- Pounding in your head.
- Ringing in your ears.

What should I do if I have one or more of these symptoms?

You must contact your doctor right away.

How can I help lessen or prevent some of the symptoms?

- Rest often during the day by taking short naps (1 hour or less).
- Sleep enough at night (at least 8 hours).
- Rest between activities.
- Eat a balanced diet.
- Get up slowly from a sitting or reclining position, this will lessen the dizziness.
- Accept help from others.

Is there a treatment for anemia?

- You may need blood transfusions if your hemoglobin or hematocrit are too low and your symptoms are severe.
- You may receive an injection on a regular schedule to help your body make red blood cells.

See the *Chemotherapy and Immunotherapy Patient Guide* book for more information.

If you have questions or concerns, please call your care team at:

Bronson Cancer Center – Battle Creek 269-245-8660

Bronson Cancer Center – Kalamazoo 269-286-7170