UNIVERSITY CLINIC

HEALTH ADVISORY

ANAEMIA

Anaemia is a condition in which the number of red blood cells or the haemoglobin concentration within them is lower than normal. It mainly affects women and children. Anaemia occurs when there isn't enough haemoglobin in the body to carry oxygen to the organs and tissues.

WHY IT MATTERS?

Anaemia increases the risk of adverse maternal & neonatal outcomes

Causes fatigue and lethargy, and impairs physical capacity and work performance

Impairs the health and quality of life for millions of women, and the development and learning of their children

HOW TO PREVENT ANAEMIA

Choose foods rich in iron, folate, vitamin A & B12

Lean Red Meats

Poultry

Legumes (such as beans and lentils)

Dark green leafy vegetables

Fish

Vitamin C - rich food

Orange and Yellow Vegetables

Fortified Cereals

Source: WORLD HEALTH ORGANIZATION