MyPBM

Quick Bites to Blood Health

What is Blood Health?

Blood health ensures optimal performance of physiological functions in the body.

Neglecting it can lead to anaemia, where the blood lacks healthy red blood cells to carry oxygen efficiently.

The leading cause of anaemia is **iron deficiency.**

At-Risk Groups

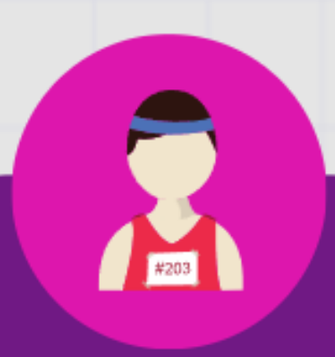
Women of reproductive age
(heavy periods, pregnancy)

Adolescents
(rapid growth, poor diet)

Infants & young children
(high iron needs)

Elderly
(chronic diseases, reduced absorption)

Perioperative patients
(blood loss)

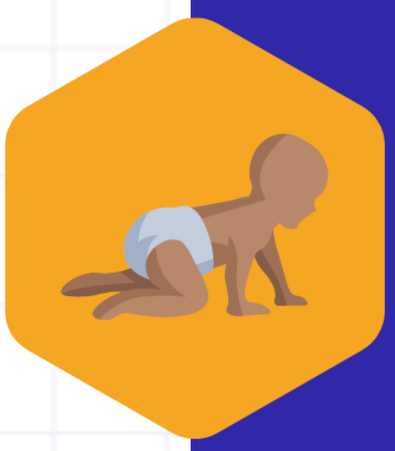


Athletes
(higher iron turnover, reduced absorption)

Chronic conditions & inflammation
(e.g. kidney disease, heart failure, cancer, rheumatoid arthritis)

Vegetarians & vegans
(low bioavailability of non-heme iron)

How Much Iron Do You Need?



Infants and Children

10 mg/day

Menstruating Women

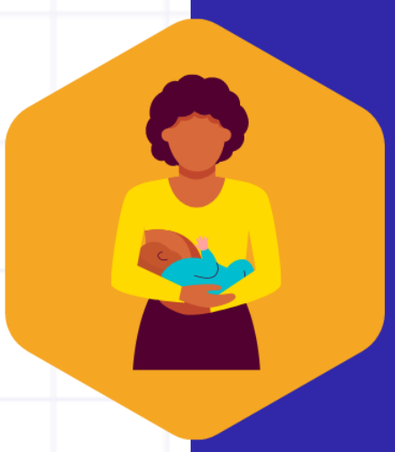
18 mg/day

Men

8 mg/day

Pregnant Women

27 mg/day



Lactating Women

10 mg/day

Elderly (50+)

8 mg/day

The Role of Iron in Your Body

Oxygen transport:
Haemoglobin (Hb) and red blood cell production

Brain development:
Critical for learning and memory

Energy production:
ATP synthesis

Muscle strength:
Myoglobin in muscles

Immune function:
Fights infection

Collagen production:
Healthy skin, hair, nails

Thyroid function:
Regulates metabolism

DNA synthesis:
Cell growth and repair

Fuel Your Blood Health

Heme Iron (Animal Sources)

- Liver
- Red meat
- Poultry
- Seafood

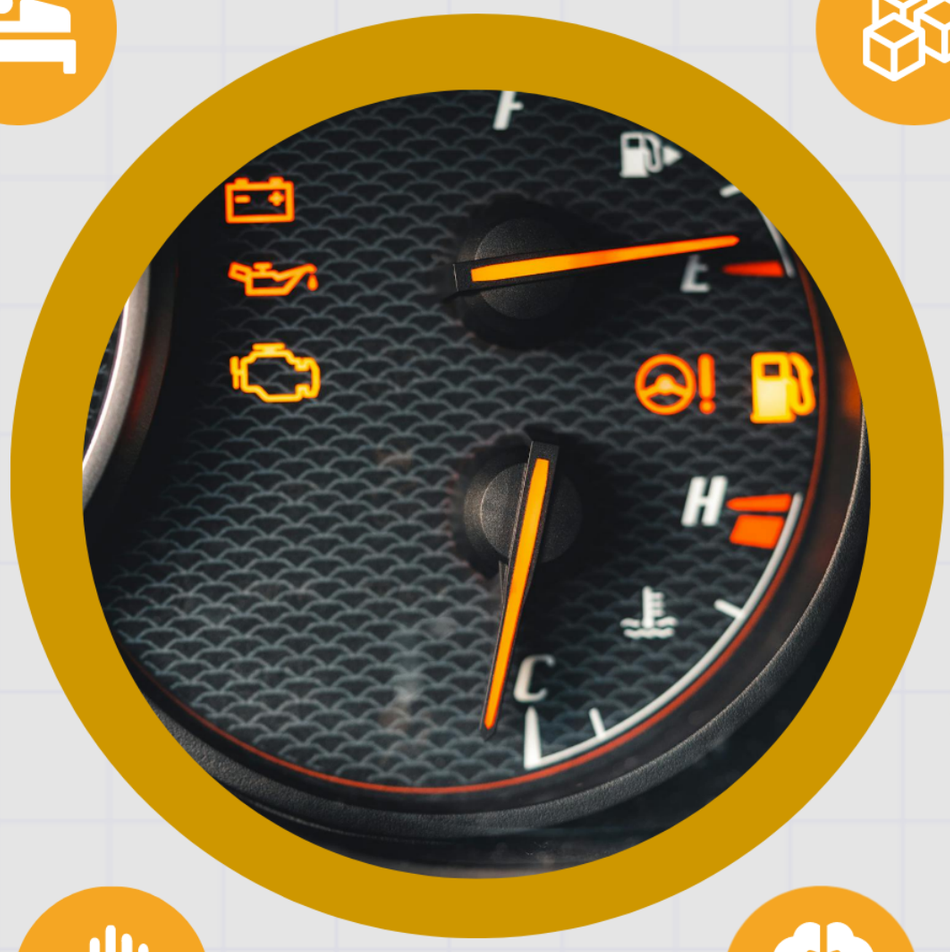
Non-Heme Iron (Plant Sources)

- Dark leafy greens
- Legumes
- Nuts and seeds
- Whole grains
- Dried fruits
- Tofu and soy products

Enhancer: Vitamin C-rich foods

- Citrus fruits (oranges)
- Tropical fruits (papaya)
- Others (broccoli)

Early Signs of Iron Deficiency



Fatigue or weakness

Pica (cravings for non-food items e.g. eating ice)

Paleness (face, eyelids)

Restless legs syndrome

Shortness of breath

Brittle nails or hair loss

Cold hands and feet

Dizziness or headaches

Complications of Untreated Iron Deficiency

Extreme fatigue

Heart palpitations

Chest pain

Frequent infections

Difficulty concentrating

Long-term Consequences of Iron Deficiency

Osteoporosis

Heart failure

Cancer risk

Cognitive impairment

Depression

Increased mortality

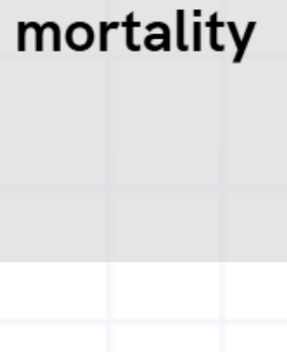
Preventing and Treating Iron Deficiency

PREVENTION

Eat iron-rich foods

For vegans, combine non-heme iron with vitamin C-rich foods

Avoid iron inhibitors (tea, coffee, calcium) with meals



Take iron supplements on alternate days for at-risk groups

TREATMENT

Oral iron (mild deficiency)

IV iron therapy (severe deficiency)

Address underlying causes (e.g. heavy periods, GI losses)

Blood transfusion does NOT correct iron deficiency

Take Charge of Your Blood Health!

1. Screen for iron deficiency (ferritin) and anaemia (Hb)

2. Aim for ferritin >100 ug/L and Hb ≥13 g/dL

3. Consult your doctor if you experience symptoms of iron deficiency

4. Early detection and treatment can prevent complications

Love your Blood, Stay Iron Strong!