

ENDOMETRIOSIS AND SEVERE ANEMIA:

WHEN FOOD AND SUPPLEMENTS AREN'T ENOUGH!

WHEN ARE YOU IRON DEFICIENT?

Normally, your body has big reserve stores of iron, somewhere between 3000mg and 4000mg in total.

If you are iron deficient, you probably function on 30-50% of your iron stores. That means you are down by about 1000mg or 2000mg.

Your body has several years of iron reserves, and you only need 1mg to 2mg of iron per day.

Reduced absorption or increased loss will cause you to have an iron deficiency slowly over time. That means there are no sudden changes, hence symptoms are not easily noticed.

DIAGNOSIS OF ANEMIA!

To diagnose your iron deficiency anemia, the doc should run few tests, including:

- Red blood cell size and color - red blood cells will show smaller and paler in color than normal.
- Hematocrit - it's the percentage of your blood volume made up of red blood cells.
- Hemoglobin - it will be lower than the normal hemoglobin level.
- Ferritin - a protein that helps to store iron in your body, it will also be lower.

SYMPTOMS OF ANEMIA:

Looking pale, shortness of breath and a racing heart, sore tongue or dry mouth, cracks and ulcers in your mouth, cold hands and feet, craving to eat non-food items, Restless Leg Syndrome, hair loss, headache, bruising.

TREATMENT OF ANEMIA...

Before your doctor order you more advanced tests, he'll suggest you go for a trial period of diet treatment and then iron supplementation.

The first-line approach should always be an iron-rich diet...

Popeye was wrong! Spinach isn't enough!

Your doctor's next step will be recommending you over-the-counter iron tablets in order to build the iron stores in your body.

Your doctor will let you know the correct dose for you.

IRON INFUSION!

If iron deficiency anemia is severe, you may need iron given into your vein or you may need blood transfusions to help replace iron and hemoglobin quickly.

Iron deficiency is treated with a diet rich in iron or iron pill supplements.