



Don't Ignore the Hidden Signs of Anemia

Do you often:

- feel tired for no reason
- feel short of breath after light activity
- become dizzy when standing up, or
- notice your skin looking paler than usual?

These symptoms are easy to overlook—but may signal anemia. More common than many people realize, research shows that more than one-third of adults over 75 are anemic. Today, it is no longer just a concern for women or young children—healthy blood is a key foundation for energy, vitality, and healthy aging.



Why Anemia Matters—Especially as We Age

Left unaddressed anemia can quietly impact many aspects of health:

Brain health & memory: Multiple studies have linked low hemoglobin to cognitive decline, dementia and Alzheimer's disease.

Balance & fall risk: Fatigue, weakness, and dizziness increase the risk of falls and fractures—one of the most serious health concerns for older adults.

Heart health: Iron deficiency and anemia place extra strain on the heart and are associated with heart failure and coronary artery disease.

Overall health outcomes: Anemia can increase the risk of hospitalization, disability, and mortality, especially when it goes undetected for long periods.

Understanding the Different Types of Anemia

Anemia is not a single condition—it has many possible causes. Healthcare providers often evaluate red blood cell size, count, morphology, mean corpuscular volume (MCV), mean corpuscular hemoglobin (MCH), mean corpuscular hemoglobin concentration (MCHC), hematocrit (Hct), hemoglobin levels, and even genetic testing to identify the type.

Broadly, anemia falls into two main categories:

◆ Insufficient Red Blood Cell Production

- **Iron deficiency anemia** – due to low intake, poor absorption, or chronic loss
- **Vitamin deficiency anemia** – often linked to low B vitamins from diet or absorption issues

- **Thalassemia** – inherited condition affecting hemoglobin structure
- **Anemia of chronic disease** – associated with inflammation, infection, or cancer
- **Aplastic anemia** – bone marrow failure or damage affecting blood cell production

◆ Increased Blood Loss or Destruction

- **Hemolytic anemia** – premature destruction of red blood cells due to immune or genetic conditions
- **Blood loss anemia** – from bleeding (such as gastrointestinal bleeding, ulcers, menstruation, or tumors)

Nutrition Support: Everyday Steps That Make a Difference

1 Build a Balanced, Blood-Supporting Diet: Make sure your daily meals include Iron-rich foods, Vitamin B Complex, Vitamin C, and adequate protein. These nutrients work together to support red blood cell production and oxygen delivery throughout the body.

2 Smart Nutritional Supplementation:

Highly absorbable iron sources such as ferric phosphate are easier on the stomach and help reduce common side effects like constipation or nausea.

Vitamin C enhances iron absorption and helps the body use iron more efficiently.

B-complex vitamins support red blood cell formation.

Antioxidant-rich plant extracts, such as berry and tomato concentrates help protect red blood cells from oxidative stress.

Protein is essential for building blood cells. High-quality blends that include whey, soy, and rice protein can help fill nutritional gaps and support overall energy and recovery.

3 Timing Matters: What to Avoid Around Iron Intake

To get the most from iron-rich foods or supplements, avoid taking them at the same time as certain inhibitors:

- **Caffeine** (coffee, tea, chocolate)
- **Oxalates** (spinach, beets, strong tea, star fruit)
- **Tannins** (green tea, red wine, grapes, persimmons)

Also, calcium-rich foods like milk and other dairy products can reduce iron absorption—try to space them **1–2 hours apart** from iron intake.