



The Iron Disorders Institute Guide to Anemia

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More than 2 billion people worldwide have some form of anemia. Even so, the condition is greatly misunderstood and often improperly treated. In the past we were told that we should take iron supplements if we have "iron-poor blood." Now we know that there are more than a dozen types of anemia and hundreds of causes, but there is only one cause where patients might benefit from iron pills. Indeed, some chronic diseases such as cancer could be worsened if we take iron pills indiscriminately. Iron is essential to all life. Without it we would die. There is no substitute. When the mechanisms that help us absorb iron fail or become impaired, the heart cannot beat properly, the brain cannot process fully, muscles cannot function, and chronic fatigue prevails. The causes of such impairment are many, ranging from inadequate iron in one's diet and other nutritional deficiencies to cancer, alcoholism, AIDS, renal failure, infection, diabetes, arthritis, thyroid disease, bleeding disorders, certain medications, and problems of hemoglobin development such as sickle-cell, thalassemia, or sideroblastic anemia. The Iron Disorders Institute Guide to Anemia contains everything a patient needs to know about the different forms of anemia, symptoms, treatment, and diet. In addition, personal stories of those who have conquered their anemia provide background information to aid in diagnosis and treatment. The Iron Disorders Institute Guide to Anemia provides patients and family members with everything they need to be proactive with their physicians, including information about what doctors must do to differentiate between different causes and how each cause is treated. It also describes the best kind of physician to select, a glossary of terms, eating plans, and resources for treatment and patient advocacy.

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