

Are you tired of being tired?

Are you feeling exhausted or irritable?

Do you notice pale skin, brittle nails or hair loss?












You could have low iron.

In Canada, around 8% of females aged 3-79 years old have blood work that suggests low iron stores¹



Iron Deficiency Anemia (IDA) can develop over time when there is not enough iron in the body to produce healthy red blood cells.

COMMON SYMPTOMS AND SIGNS IN ADULTS INCLUDE^{2,3}:

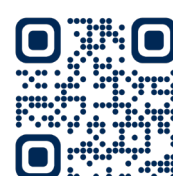
SYMPTOMS	
 Fatigue/shortness of breath	 Ice craving
 Light-headedness	 Headaches
 Cold intolerance	 Chest pain
 Hair loss	 Irritability/depression
 Decreased exercise performance, or difficulty in daily regular activities	

SIGNS	
 Nail changes (e.g. spoon nails)	 Angular cheilitis (mouth sore at the corners of the mouth)
 Atrophic glossitis (smoothing and thinning of tongue)	 Restless leg syndrome
 Bluish tint on the white part of the eye	 Adverse pregnancy outcome
 Impaired immune function	

Try the Symptoms Checker and talk to your physician today if you are concerned about signs or symptoms:



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1. Iron sufficiency of Canadians Statistics Canada. <https://www150.statcan.gc.ca/n1/pub/82-003-x/2012004/article/11742-eng.htm> 2. BC Guidelines.ca.Iron Deficiency - Diagnosis and Management.[last modified 2019 Apr17; cited 2023 Jun8].Available from: https://www2.gov.bc.ca/assets/gov/health/practitioner-pro/bc-guidelines/full_guideline_-_iron_deficiency.pdf 3. Alberta Medical Association.Iron Deficiency Anemia (IDA) Clinical Practice Guideline [last modified 2018 Mar; cited 2023 Jun8].Available from: <https://actt.albertadoctors.org/CPGs/Lists/CPGDocumentList/IDA-CPG.pdf>.