

What is anemia?

Healthy kidneys make a natural hormone called erythropoietin or EPO. Now that your kidneys are failing, they will no longer produce normal amounts of the hormone EPO, making it much harder for you to maintain a healthy red blood cell count. When you do not have enough red blood cells to carry oxygen to your tissues, you are anemic.

Symptoms you may experience if you are anemic:

- /// Chest pain
- /// Dizziness, loss of concentration or headaches
- /// Fast or irregular heartbeat
- /// Feeling tired, weak or cold
- /// Lack of appetite
- /// Pale skin
- /// Shortness of breath or trouble breathing

Tell your care team if you have any symptoms or if you recently had:

- /// Blood loss
- /// Dental work
- /// Hospitalization
- /// Infection
- /// Surgery
- /// Vomiting

Your anemia is monitored through a hemoglobin blood test taken with your labs. Hemoglobin is found in red blood cells and helps carry oxygen throughout your body.



My hemoglobin goal is



WE CAN HELP MANAGE YOUR ANEMIA AND HEMOGLOBIN

Talk to your care team about medications to help manage your iron and hemoglobin so you can have healthy red blood cells and feel your best.