

# Health Bulletin



## Anemia And Chronic Kidney Disease

(NAPSA)—The next time you feel sick and tired of being sick and tired, it may be time to see your doctor. It's easy to attribute fatigue and lack of energy to stress but extreme fatigue could be a symptom of anemia. People with a chronic disease such as kidney disease, HIV, lupus or cancer, may find their lack of energy is due to anemia and not the disease. That's actually good news. Anemia can be treated.

According to the U.S. Centers for Disease Control and Prevention, anemia affects approximately 3.4 million Americans. It occurs when the number of red blood cells falls below normal, depriving the body of the oxygen it needs to function properly. If left untreated, anemia could lead to potentially serious, even life-threatening complications.

You may have anemia if you:

- look pale
- feel tired
- have a poor appetite
- have trouble sleeping
- have trouble thinking clearly
- feel dizzy or have headaches
- have a rapid heart beat
- feel short of breath
- feel unusually cold

According to the National Kidney Foundation (NKF), people who suffer from chronic kidney disease are more likely to develop anemia. Their kidneys can't make enough of a hormone called erythropoietin, or EPO. EPO tells bone marrow to make more red blood cells. The less EPO your body has, the more likely you are to have anemia.



**Your doctor will help you determine the best treatment options for anemia, such as diet, nutritional supplements, or medication.**

A simple lab test can determine your red blood cell level. The most accurate method measures hemoglobin, the oxygen-carrying part of your blood.

Treatment for anemia associated with serious diseases tends to focus first on the underlying disease. If anemia persists, treating it can help prevent severe, possibly life-threatening complications and improve quality of life. Prescription treatments may stimulate red blood cell production and help correct anemia.

If you think you have anemia associated with chronic kidney disease, call the NKF at (800) 622-9010 for a free copy of "What You Need to Know About Anemia and Chronic Kidney Disease," sponsored by Amgen's Anemia LifeLine program. You can also write to: National Kidney Foundation, 30 East 33rd Street, New York, NY 10016.