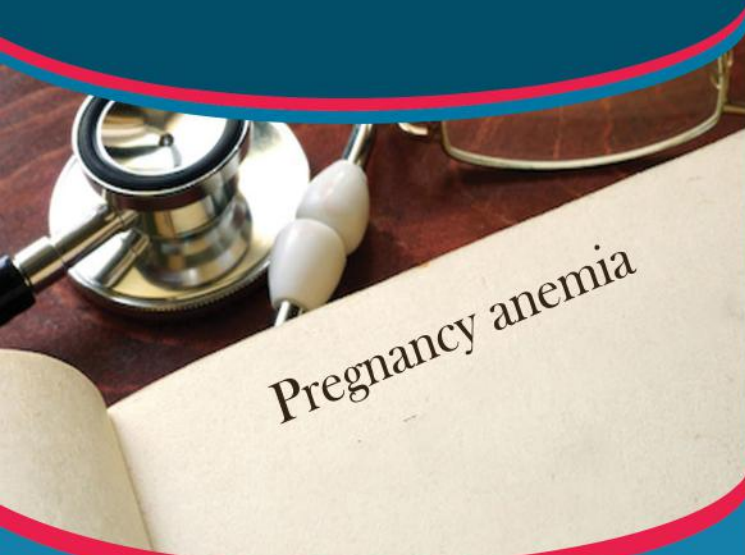




Mashhad University of
Medical Sciences



Pregnancy anemia



► What causes anemia due to pregnancy?

You may get several types of anemia during pregnancy that have ways prevention and treatment vary depending on the type: Iron deficiency anemia, Folate anemia, Vitamin B12 deficiency anemia

► Iron deficiency anemia

Iron deficiency anemia is the most common type of anemia during pregnancy. Proper nutrition before pregnancy is important to help maintain and build adequate iron stores.

Eat at least three servings of iron-rich foods a day to prevent iron deficiency anemia. As: Lean red meat, chicken, and fish, Green and dark leafy vegetables (such as spinach, broccoli, and cabbage), Cereals and grains fortified with iron, Beans and lentils, Nuts and seeds, egg.

Foods rich in vitamin C can help your body absorb more iron to help. Like: Citrus fruits and juices, Strawberry, Kiwi, tomato, Bell pepper

► Folate anemia

Women need higher levels of folate during pregnancy. It is recommended to take a supplement called folic acid even before pregnancy. The amount of folic acid needed for adults is about 400 micrograms per day, but women who are preparing for pregnancy or are pregnant should take 400-800 mg



of folic acid daily. Foods that should be **included in a pregnant woman's diet include the following:**

Green leafy vegetables such as cabbage, broccoli, and spinach, Citrus, Asparagus, Beets, Nuts and seeds, Cow liver, Wheat germ, Banana, Avocado, Enriched cereals

► Vitamin B12 deficiency

Vitamin B12 is also used by the body to produce red blood cells. Some women may have difficulty getting enough vitamin B12, which can lead to birth defects. Folate deficiency and vitamin B12 deficiency often occur together. Adding foods rich in vitamin B12 to your diet can help prevent vitamin B12 deficiency anemia. **Foods that contain vitamin B12 include:** Eggs, Liver and offal, Sardinia, Beef, Enriched cereals, Salmon (ghazal ala), Fortified non-dairy milk, Milk and dairy

Dr. Majid Ghayour Mobarhan

Nutritionist from the UK



Pregnancy anemia



► Signs and symptoms of anemia due to pregnancy

Fatigue (very common), Dizziness,
Headache, Cold hands and feet,
Pale skin, Irregular heartbeat, Chest pain

You may develop anemia during pregnancy. When you have anemia, your blood does not have enough healthy red blood cells to carry oxygen to your tissues and your baby. During pregnancy, your body needs to produce more blood (actually red blood cells) to support your baby's growth. During or before pregnancy, if you do not get enough iron or certain nutrients needed to make red blood cells, your risk of developing this type of anemia is very high. It is normal to have mild anemia during pregnancy. Be. However, you may have more severe anemia due to a lack of iron or certain vitamins, or for other reasons.

You have the energy that if left untreated, this anemia can increase serious complications such as premature birth and fetal defects and more risks for your baby.



► Key points about anemia in pregnancy

Pregnancy anemia is a disease with a

severe decrease in the number of red blood cells. Pregnancy anemia can prevent your baby from gaining a healthy weight. Your baby may also be born prematurely or may be underweight. Anemia is usually diagnosed during a routine blood test by assessing hemoglobin or hematocrit levels. Treatment of anemia due to pregnancy depends on the type and severity of the anemia. Proper nutrition is the best way to prevent pregnancy-induced anemia.