

**WIFS PROGRAMME**

# **Anaemia Facts**

**Handout for Adolescent Boys and Girls(10-19 Years)**

## 1. What is Iron ?

Iron is a mineral needed by our body. Iron is part of hemoglobin in blood ,which carries oxygen form our lungs throughout our body. When our body don't have enough iron, many parts of our body are affected.

***Blood means Haemoglobin and haemoglobin means Iron***

## 2. What is anaemia?

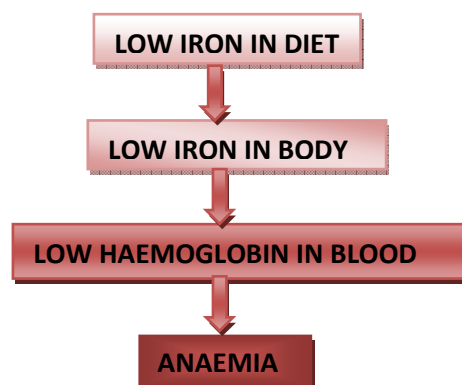
Anaemia means reduced haemoglobin levels in the blood.

## 3. What causes Anaemia?

- **Nutritional**- the most common cause of anaemia is low intake of iron and folic acid in our diet. Deficiency of other nutritional elements such as vitamin C and Vitamin B12 can also cause anaemia.
- **Non- Nutritional**-Conditions such as malaria, hookworm infestation can also lead to anaemia

## 4. Why is it common during Adolescence?

- In adolescence there is rapid body growth and development.
- This means extra iron is required by your body for increase in weight , height and muscles
- When this extra requirement of iron is not met through proper diet it leads to Anaemia.



- Anaemia is more common in girls because they have extra loss of iron in blood through menstrual bleeding.

## **5. What happen when you are Anaemic?**

- You will feel tired most of the time
- You will not feel energetic
- You will feel sleepy
- You will have soreness of the mouth, with cracks at the corners.
- You will have shortness of breath and frequent headaches, particularly with exercise
- You will have whiteness or pallor in the lower eyelid, tongue, overall skin, nails, palms of the hand
- You will lose interest in play and studies
- You will have difficulty in concentrating
- You will have lowered grasping power
- You will have leg cramps
- You will have repeated infections
- You will have craving for strange substances such as paper, ice, or dirt (a condition called pica).
- You will not feel like eating anything

## **6. Why is important for you to control anaemia?**

- Anaemia havebad effect on your development
- Anemia reduces your ability to learn, exercise, participate in sports and concentrate leading to poor performance in school and outside.
- In girls ,anaemia is even more harmful as it leads to their poor health during pregnancy and also poor growth of the baby.

## **7. How to make sure you do not become anaemic?**

- You should eat foods which include green leafy vegetables, whole pulses, fruits, jaggery , meat and liver, other vegetables etc.list of iron rich food at back of handout
- You should avoid taking tea, coffee and cold drinks with or after meals.
- You should regularly take Weekly dose of Iron and Folic Acid supplements the “blue tablet”

- You should take six monthly Albendazole tablet to kill all worms inside your body.
- You should wear slippers at all time to avoid worm infestation
- You should take proper and timely treatment of all illnesses
- You should attend education session on anaemia in school.

#### **8. What you need to know about the “blue Tablet”?**

- Take blue tablet only once a week
- Take blue tablet only after lunch and never empty stomach
- Blue tablet causes no serious problem (In case of some nausea/pain in stomach, see your teacher/health worker)

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