

### **ANEMIA –LOW IRON**

Mild anemia can occur during a normal pregnancy. Hemoglobin is the protein in red blood cells that carries oxygen to other cells in your body. Good nutrition is the best way to prevent anemia – eating foods that are high in iron content (such as dark green leafy vegetables, red meat, fortified cereals, dark meat poultry, dried apricots, dried prunes, dried figs, dried raisins and nuts). Your doctor will test for anemia at your first prenatal visit and retest it later in pregnancy.

**Call the office if you have one or more of these symptoms: fatigue, weakness, dizziness, numbness or coldness in your hands and feet, pale skin, rapid or irregular heartbeat, shortness of breath, or chest pain.**