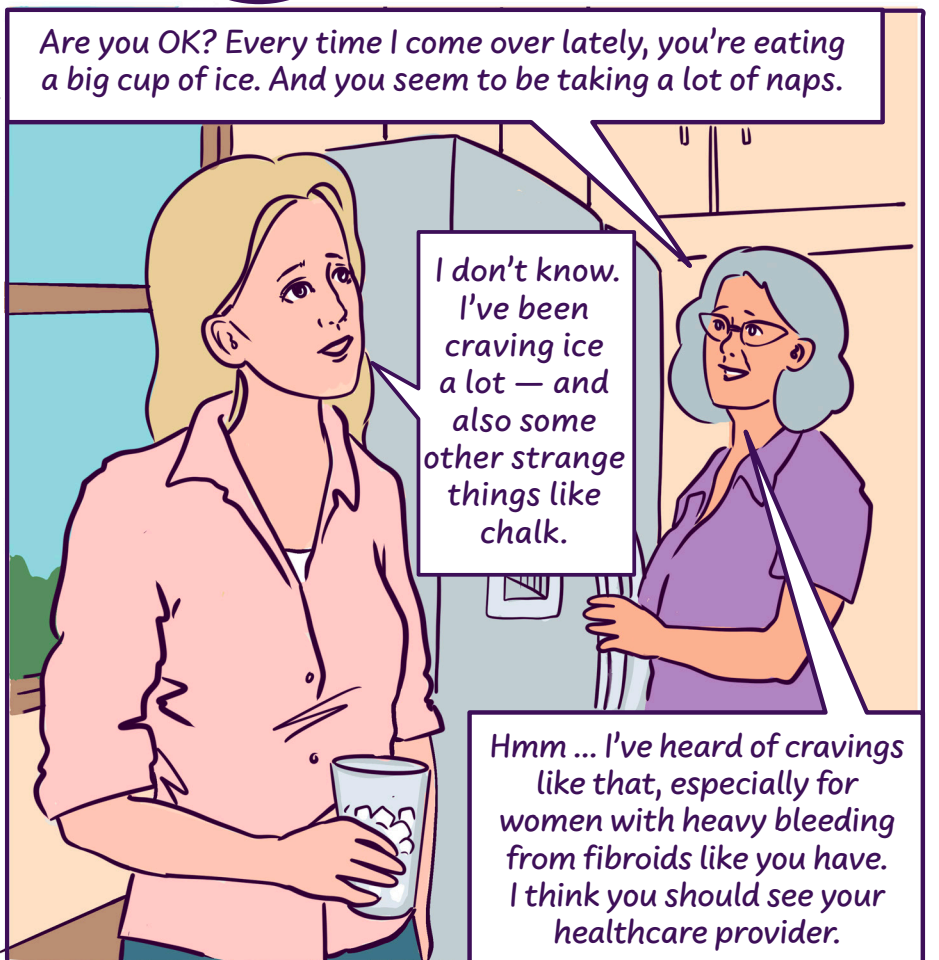
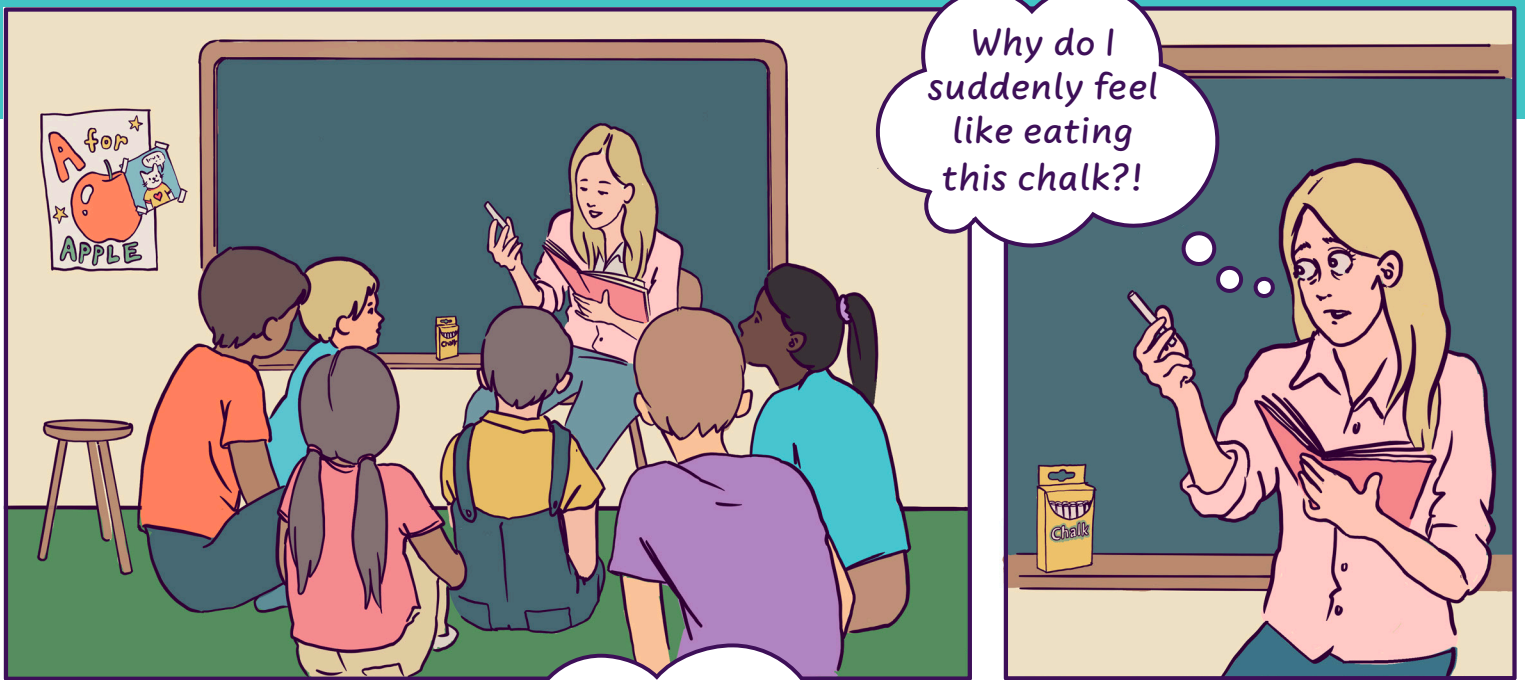
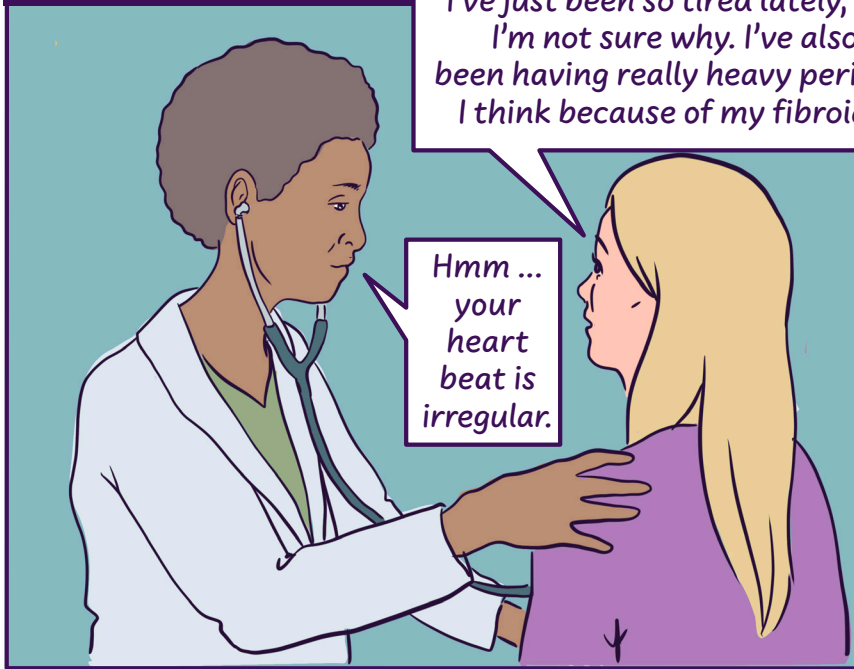


Annie Has Anemia

Annie wants to know why she suddenly wants to eat some unusual things. Is anemia from fibroids the culprit? Let's find out.

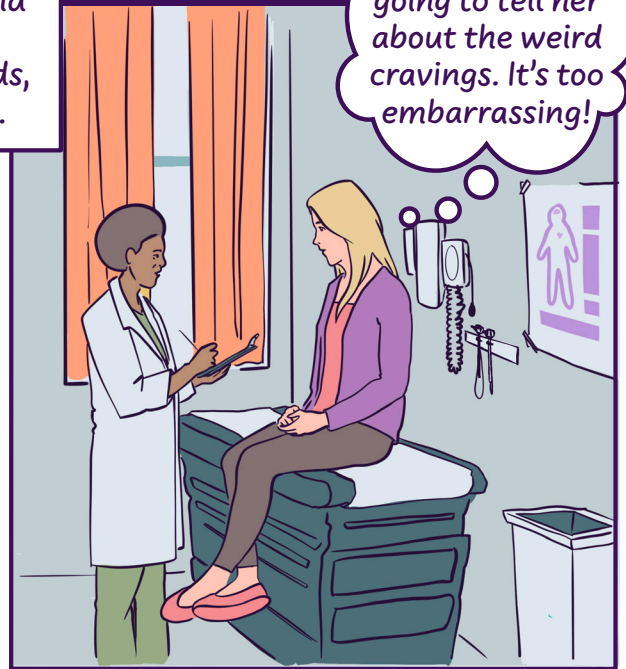


The next week ...

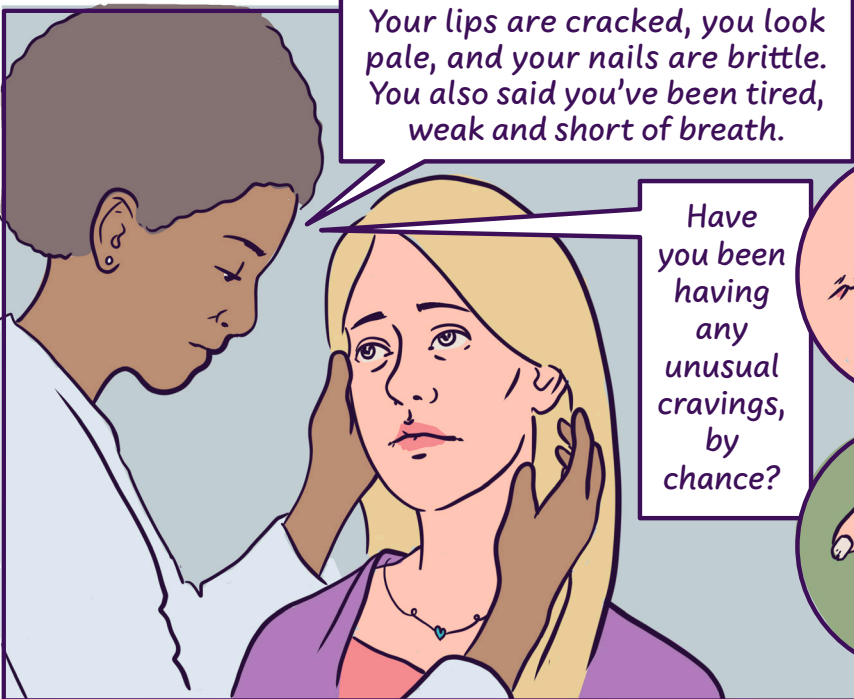


I've just been so tired lately, and I'm not sure why. I've also been having really heavy periods, I think because of my fibroids.

Hmm ... your heart beat is irregular.



I'm not going to tell her about the weird cravings. It's too embarrassing!



Your lips are cracked, you look pale, and your nails are brittle. You also said you've been tired, weak and short of breath.

Have you been having any unusual cravings, by chance?



Now that you mention it, I have had some strange cravings. I thought I was losing it!



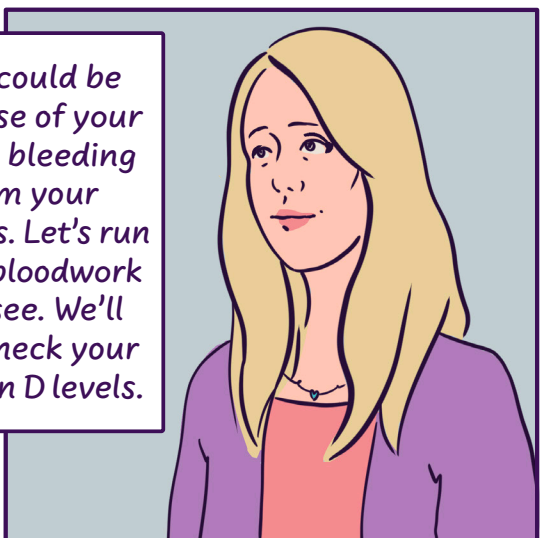
What types of cravings? Were they things like dirt or ice?

Yes! Exactly! How did you know? I keep craving dirt, ice and chalk. It's been really strange.



Those non-food cravings are called *pica*. And they can come from having severe anemia, which is really low iron.

This could be because of your heavy bleeding from your fibroids. Let's run some bloodwork and see. We'll also check your vitamin D levels.

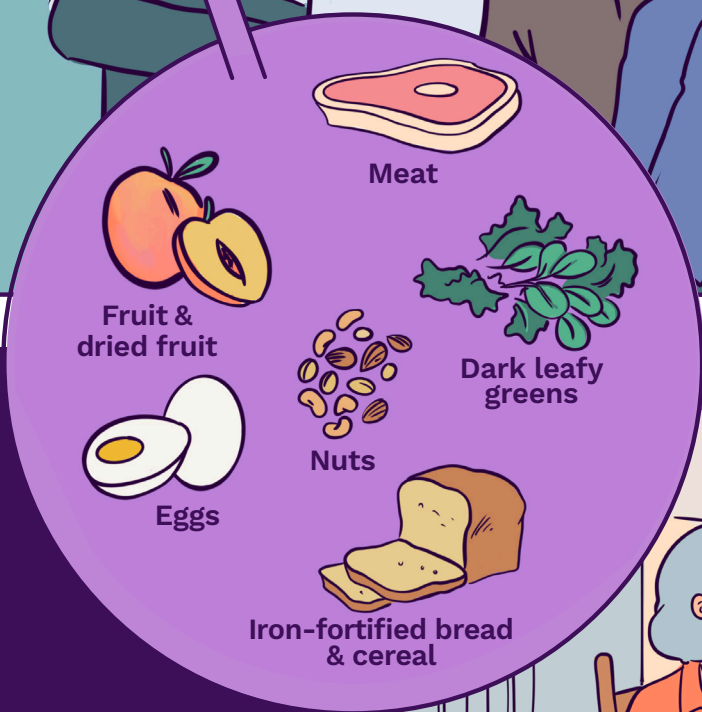


A week later ...

Well Annie, your bloodwork shows that you're severely anemic and low on vitamin D. I'm going to prescribe an iron pill and a vitamin D supplement. Also, be sure to add iron-rich foods to your diet.

Thanks. I'll start taking these today. Is there anything else I should know?

Yes — sometimes taking iron can make you constipated so be sure to get enough fiber. You should also talk to your OB-GYN about your heavy bleeding and fibroids.



3 months later ...

I'm feeling so much better. And look, Mom — I'm back to 2 ice cubes!

I'm so glad. Cheers to healthy iron levels!