I sure have been having some weird cravings lately. I really want to eat that dirt, but that seems strange.

Are you OK? Every time I come over lately, you’re eating a big cup of ice. And you seem to be taking a lot of naps.

I've been craving ice a lot — and also some other strange things like chalk.

Hmm ... I’ve heard of cravings like that, especially for women with heavy bleeding from fibroids like you have. I think you should see your healthcare provider.
Now that you mention it, I have had some strange cravings. I thought I was losing it!

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.

Have you been having any unusual cravings, by chance?

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

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

Hmm ... your heart beat is irregular.

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

Your heart beat is irregular.

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

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.

The next week ...
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.

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!

Meat

Fruit & dried fruit

Eggs

Dark leafy greens

Nuts

Iron-fortified bread & cereal

For more information, please visit HealthyWomen.org
This resource was created with financial support from Myovant Sciences GmbH and Pfizer