What is Iron Deficiency Anaemia?

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This is a condition caused by a lack of red blood cells or haemoglobin.<br><br>

The most common reason for developing anaemia is not having enough iron. <br><br>

Haemoglobin is a protein found in red blood cells. It traps oxygen from the lungs and carries it around the body. A key ingredient used to make haemoglobin is iron. If there isn’t enough iron stored in the body, then the amount of haemoglobin drops. When haemoglobin reaches a low level, less oxygen can be carried in the blood. <br><br>

This can cause symptoms such as:

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<li>tiredness</li>

<li>breathlessness</li>

<li>heart palpitations</li>

<li>weakness</li>

<li>headache</li>

<li>dizziness</li>

<li>chest pain</li>

<li>irritability</li>

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