Why do I have anaemia?  
  
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There are several reason why you might not have enough iron in your body:  
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<li>there might not be enough iron in your diet</li>

<li>your gut may not absorb enough iron from your food (even if you have an iron-rich diet)</li>

<li>your iron requirements might be so high that you can’t get enough from your diet (your baby needs a lot of extra iron when it’s growing in the womb. It gets the iron from you, which means that your own iron stores can become lower)</li>

<li>you may lose iron through bleeding, such as by having heavy periods before pregnancy, or because you have another medical condition.</li>

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It is possible to have more than one of these causes, especially during pregnancy. <br><br>

In fact, over 20% of pregnant women in Europe are anaemic during pregnancy!<br><br>

As anaemia is so common during pregnancy, all women in the UK are screened for anaemia at their booking visit and at 28 weeks of pregnancy.

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