

Anemia and Bleeding

Some cancer treatments as well as cancer itself can increase your risk of anemia, bleeding, and bruising. Find out what you can do to manage these symptoms.

TRY THIS

Eat iron-rich foods. Help ease your anemia with red meat, beans, or dark leafy greens.

Take supplements. Iron, Vitamin B12, and folate all help produce red blood cells.

Avoid sharp objects. Reduce your chances of bleeding by staying away from razors and other sharp things.

Stay moisturized. Use lip balm and body lotion to keep your skin from cracking.

CHECK THIS OUT

Visit the Springboard page on Anemia and Bleeding.

<https://smokefree.gov/springboard/symptoms/anemia-and-bleeding>

Read about anemia in people with cancer (<http://goo.gl/iOjVR3>), and bleeding and bruising (<http://go.usa.gov/xxAbw>).