

# 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.

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## CHECK THIS OUT

**Visit** the Springboard page on Anemia and Bleeding.

<https://survivorship.cancer.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>).