

# **Anemia**

## **Definition:**

A condition where the body lacks enough healthy red blood cells.

## **Symptoms:**

- Fatigue and weakness
- Pale skin
- Dizziness

## **Risk Factors:**

- Iron-deficiency diet
- Blood loss

## **Home Remedies:**

- Iron-rich foods (spinach, red meat)

## **Medical Remedies:**

- Iron supplements

## **Prevention:**

- Balanced diet with iron and vitamin B12

## **Consult a Doctor if:**

- Persistent fatigue and shortness of breath

## **Fun Facts:**

- Women are more prone to anemia.