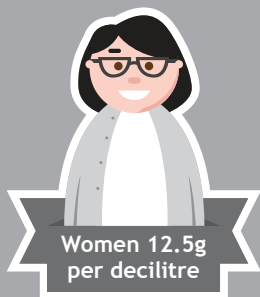


ALL ABOUT Anaemia

Your haemoglobin (Hb) level is checked by a finger-prick blood sample prior to your donation. In order to give blood, the following minimum level is required:



These levels are slightly higher than the cut-off values used to diagnose anaemia.

Anaemia is the most common of all blood disorders and results in a decrease in Hb levels. Hb is the protein in your red blood cells that transports oxygen to your body's tissues. To produce red blood cells, your body needs iron and other essential nutrients, like Vitamin B12 and folic acid.

If your Hb is below the desired level, we will send you a letter referring you to your General Practitioner to investigate the cause.



Western Cape Blood Service
Do something remarkable

ALL ABOUT ANAEMIA

Iron deficiency is a common cause of anaemia, especially in women. In most cases, iron deficiency anaemia can easily be treated by an iron supplementation programme, a balanced diet and a healthy lifestyle. It is important for your doctor to establish the cause of your iron deficiency.

Here are some examples of iron rich foods:



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