

Theme of the month: Anaemia



Anaemia is a condition characterised by a decline in red blood cells or haemoglobin or both, resulting in a reduced ability of the blood to carry an adequate amount of oxygen to the various tissues and organs of the body.

Anaemia presents no symptoms in the early stages but gradually manifests itself in the form of symptoms such as tiredness, paleness and a general feeling of unwellness, sometimes with an irregular or accelerated heartbeat, or breathing difficulties.

One of the causes of anaemia can be a deficiency in iron, vitamin B12 or folic acid.

Have the CDC Check-up

No appointment needed, no letter from your doctor, just pop into the clinic - on an empty stomach, any day from 7.30 to 9.30 a.m.

- **Blood count**
- **Iron**

- **Ferritin**
- **Transferrin**
- **Vitamin B12**
- **Folic acid**



If the results are outside the acceptable range, contact your GP

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