

Anemia During Pregnancy



“Striving for birth equity through unity and empowerment.”

Anemia, or low iron, is a common and treatable health issue in pregnancy. Black women are twice as likely to have anemia as white women. It is important for you to know what the symptoms are and what you can do to help yourself.

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SIS, DID YOU KNOW?

These tips can help you and your baby stay alive and healthy.

Anemia is a common and treatable health issue in pregnancy. Black women are twice as likely to have this health issue.

Anemia means that you do not have enough red blood cells. Oxygen travels through the body in red blood cells, so when anemia is present the body has to work harder to spread oxygen throughout the body.

See a doctor early

Having an early check up with basic blood panel testing will help find out if you have anemia.

Tell your doctor if you experience:

Dizziness, headaches, fast heartbeat, pale skin (lips, nail-beds, grayish undertones of skin), sore tongue, or unintended movements in lower legs.

Even the healthiest deliveries have blood loss. This is why it is very important to have early treatment of anemia. Your doctor should screen you for anemia at your first prenatal exam, and again throughout your pregnancy.

Tell your doctor right away if you have been diagnosed with Sickle Cell Anemia. This is different from normal anemia and needs specialized care.