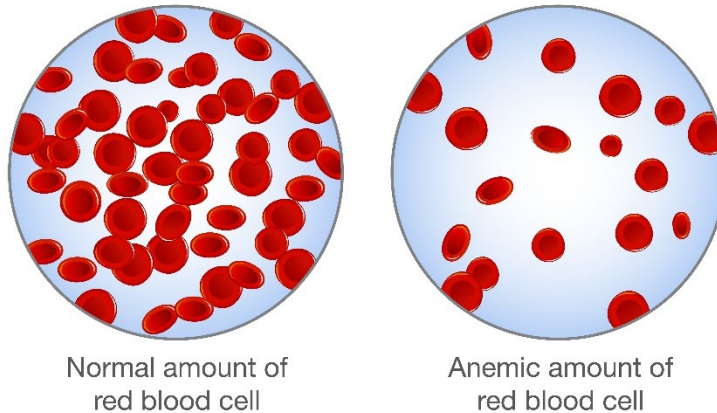


What is Anemia?

Anemia occurs when there are not enough red blood cells in your body. Red blood cells have **hemoglobin**, which carries oxygen throughout your body. Without enough hemoglobin and oxygen, you do not feel well.

Anemia



What causes Anemia?

When your kidneys aren't working, they don't make enough of the hormone **erythropoietin** that makes red blood cells. All patients with end stage kidney disease will likely have anemia.

What are the symptoms?



How is anemia treated?

ESAs (Erythropoiesis Stimulating Agents): Work by stimulating bone marrow to make red blood cells. Medications that are typically used are Epogen or Aranesp.

- For **peritoneal dialysis**, you will either receive an injection at home or in the dialysis unit.
- For **hemodialysis**, you will receive the medication through your dialysis machine.

Iron Supplements: Work by improving your iron level and make the Epogen or Aranesp more effective.

- For **peritoneal dialysis**, you may take a pill or liquid.
- For **hemodialysis**, you will receive a medication called Venofer or Infed during your treatment.

Diet: Your body absorbs iron best from meats like beef and fish. Eating certain fruits & vegetables can help you get even more iron out of these foods. Foods high in vitamin C can also help your body absorb iron better.

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