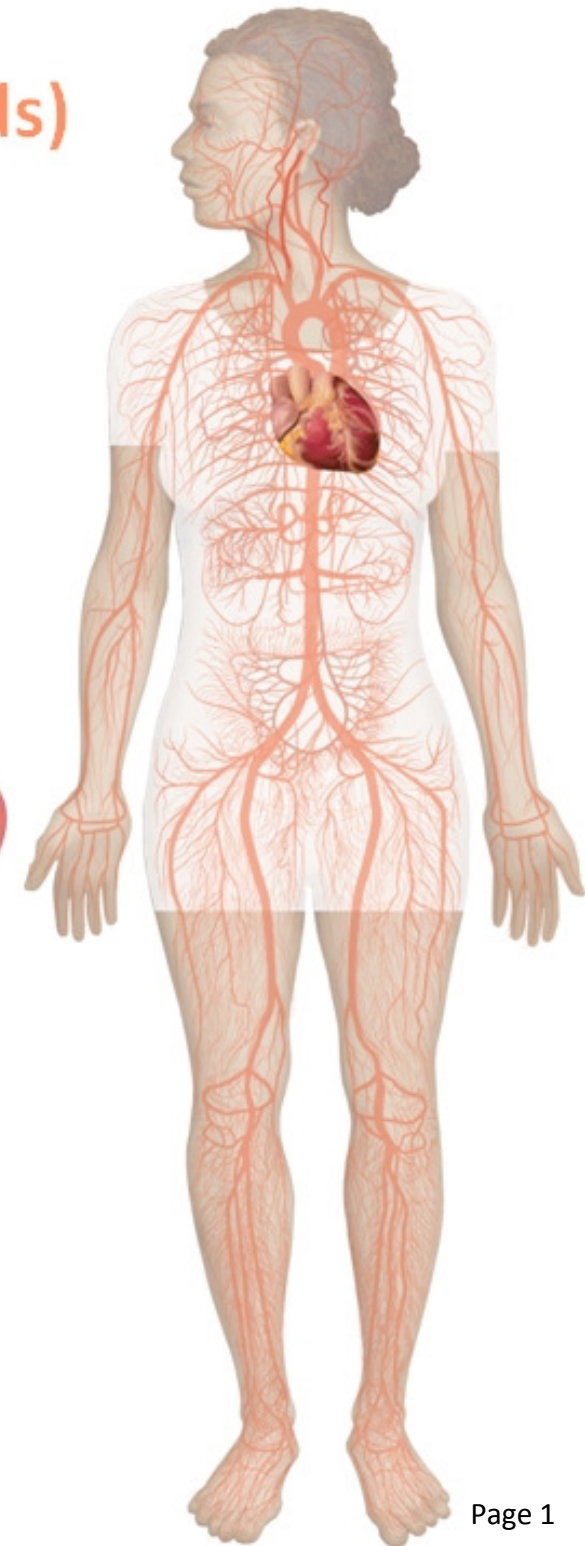
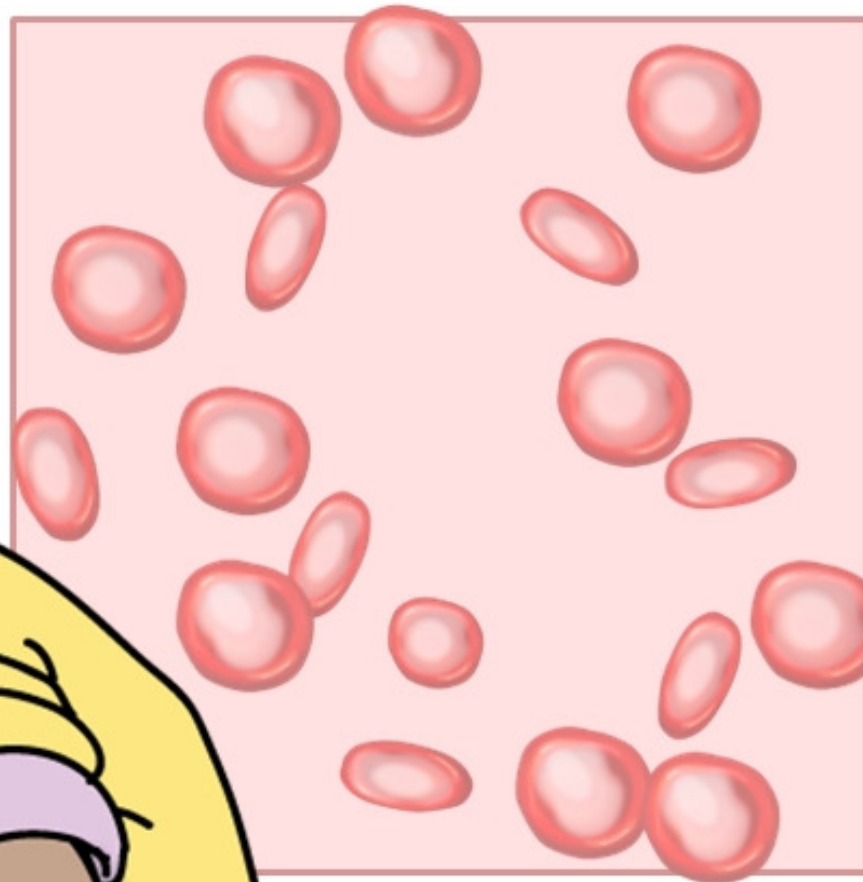


What is anaemia?

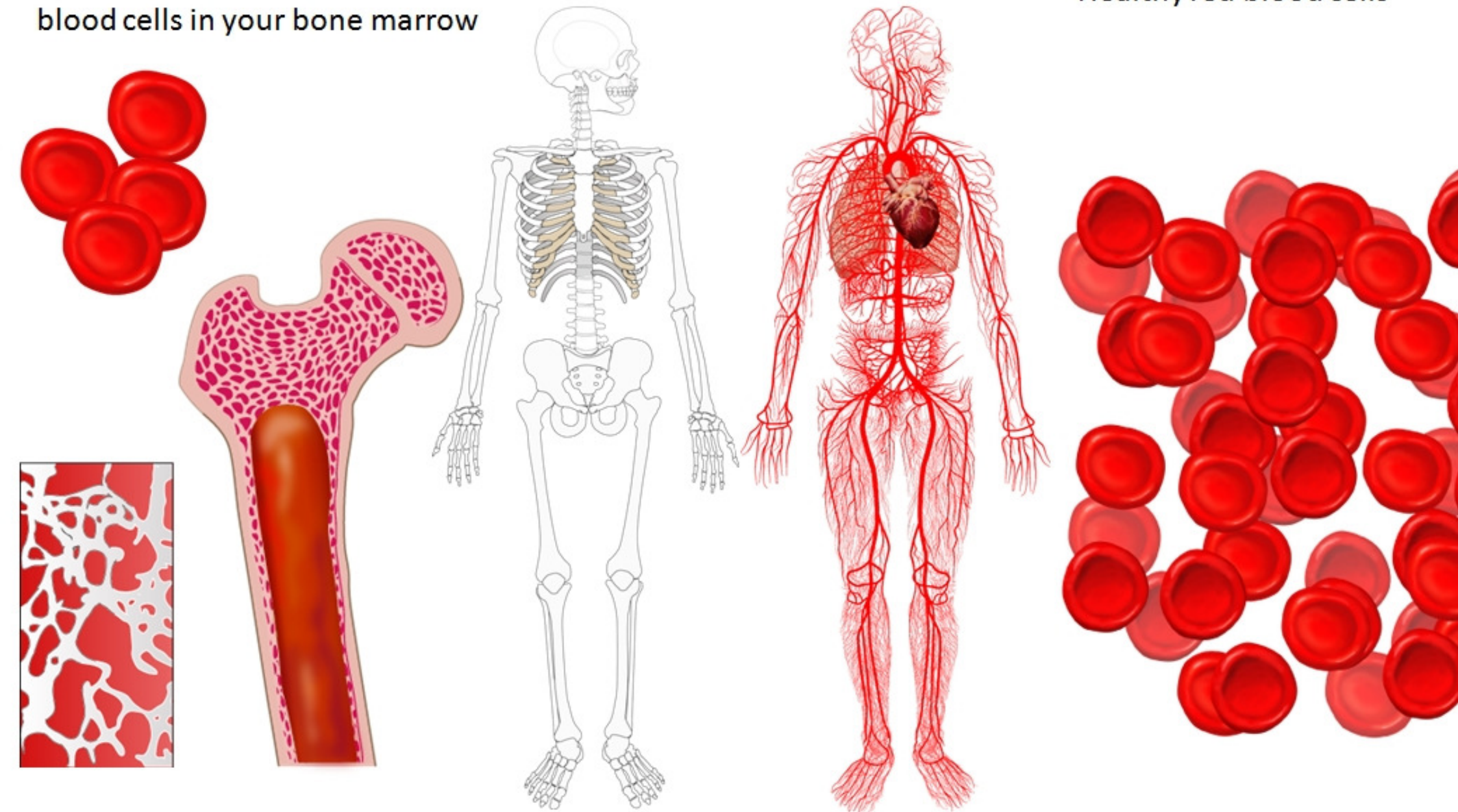
(Problems with your bloods)



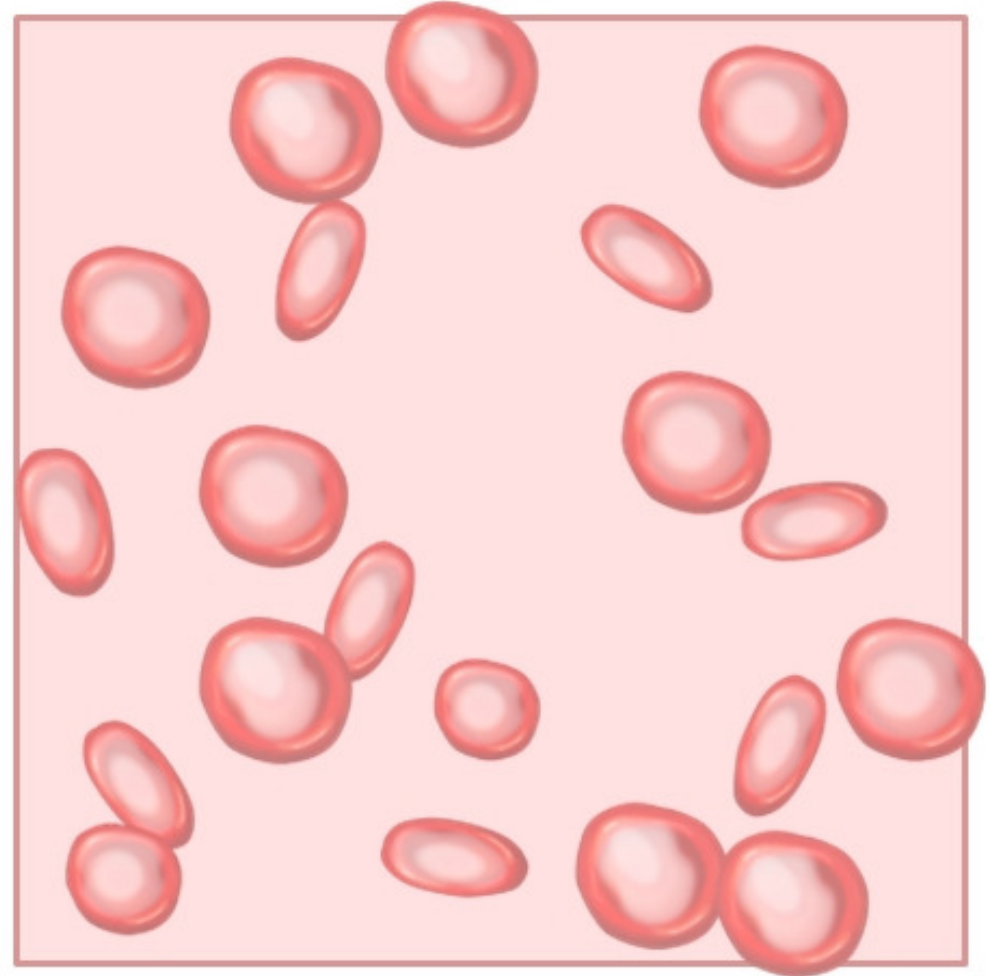
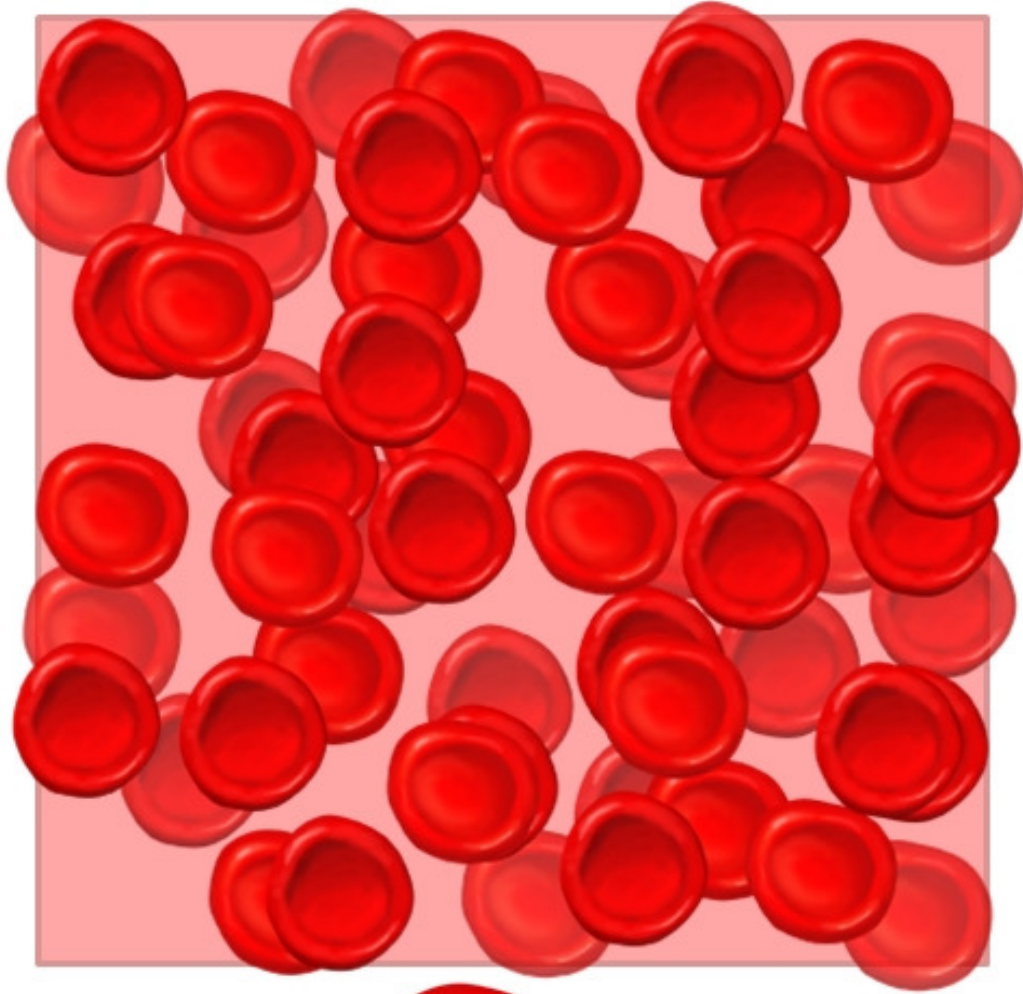
Your blood is made in your bones

Iron from your food is used to make blood cells in your bone marrow

Healthy red blood cells

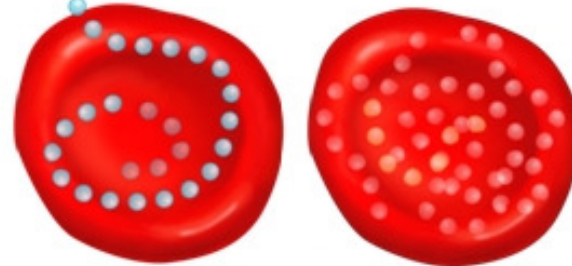
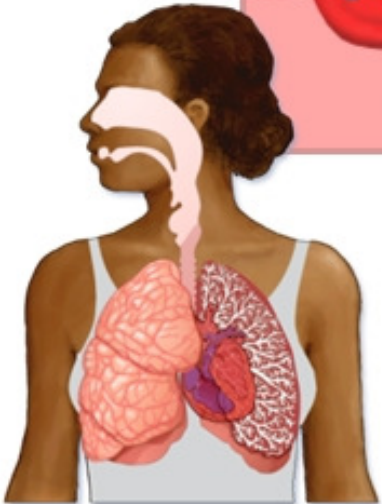
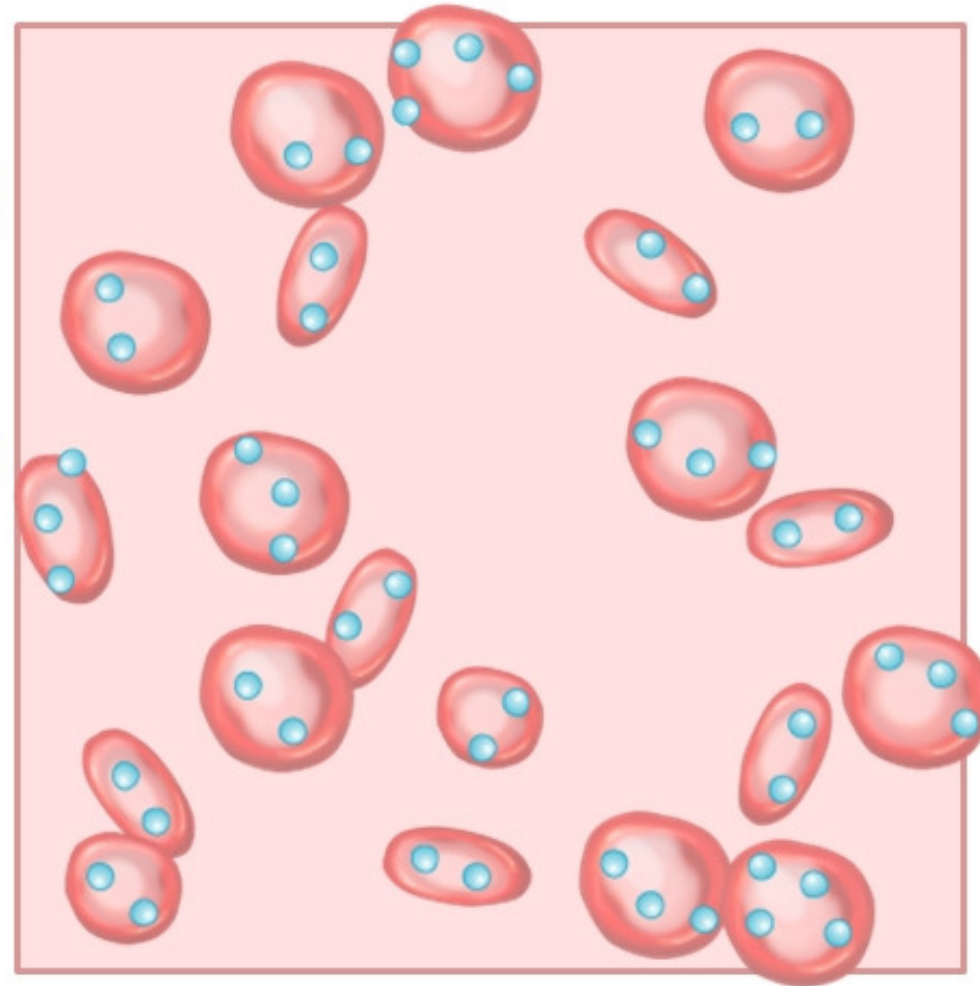
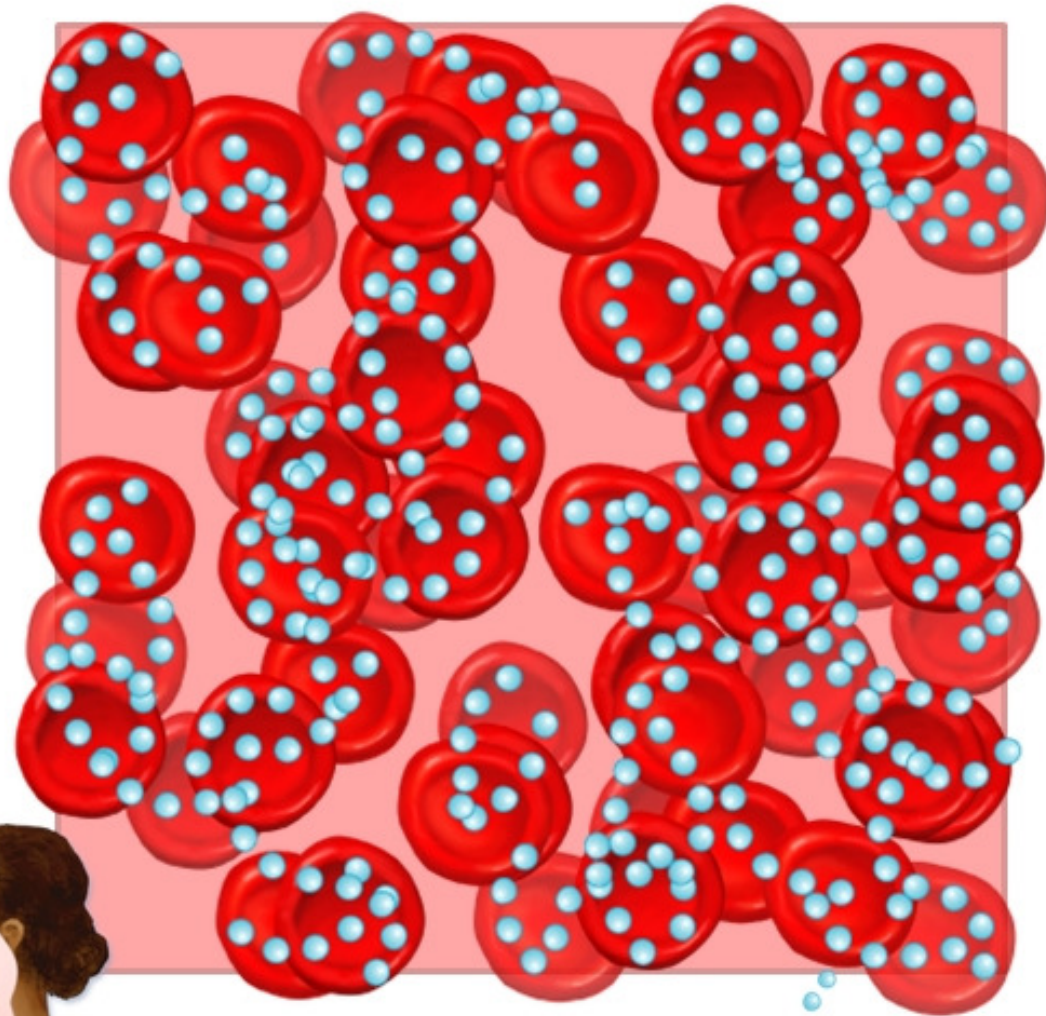


Anemic blood doesn't have as many blood cells



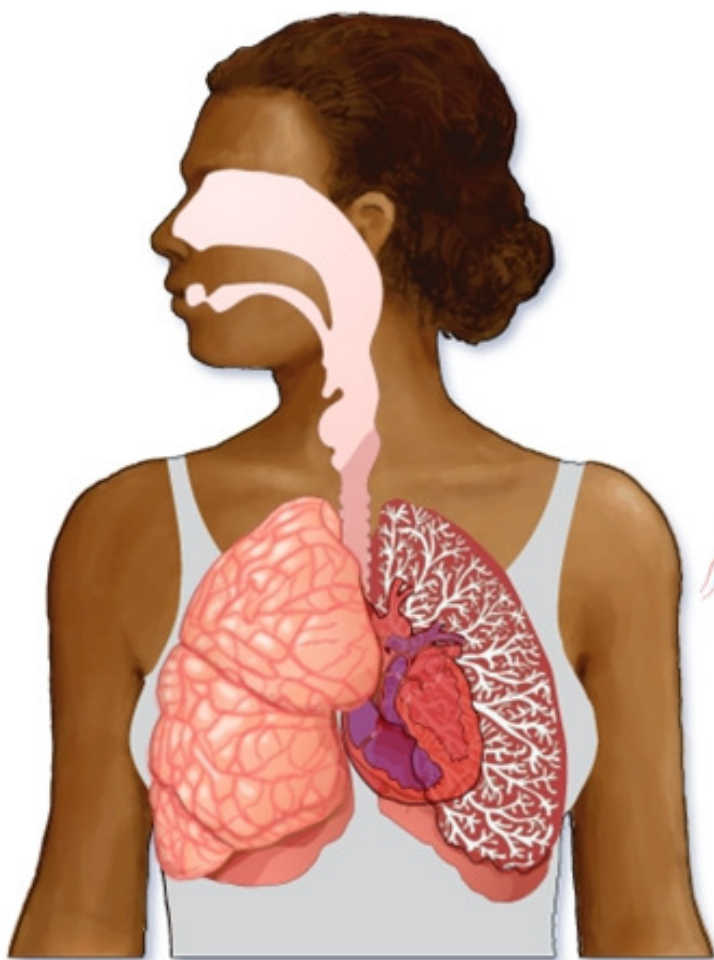
If you don't get enough iron in your food you will get weak (**anemic**) blood cells

Anemic blood contains less oxygen.

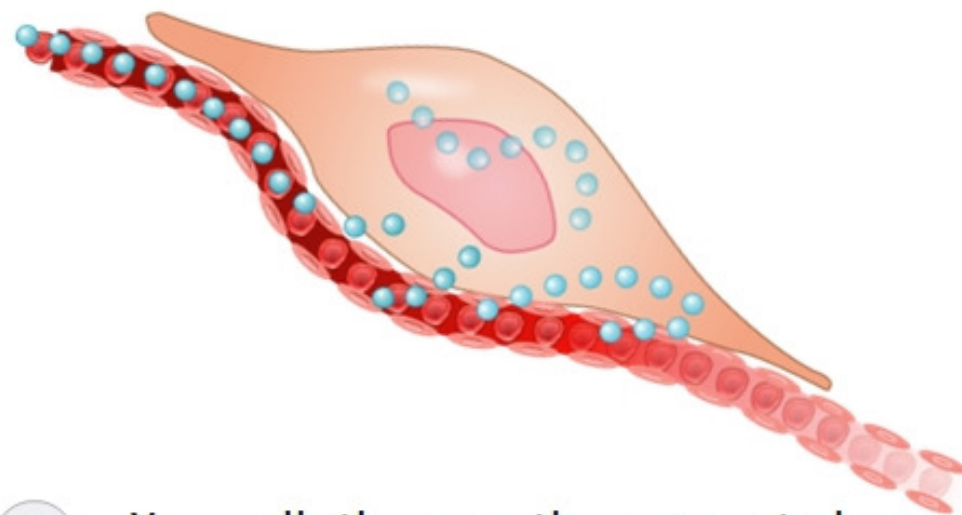


Your need oxygen to turn your food into energy.

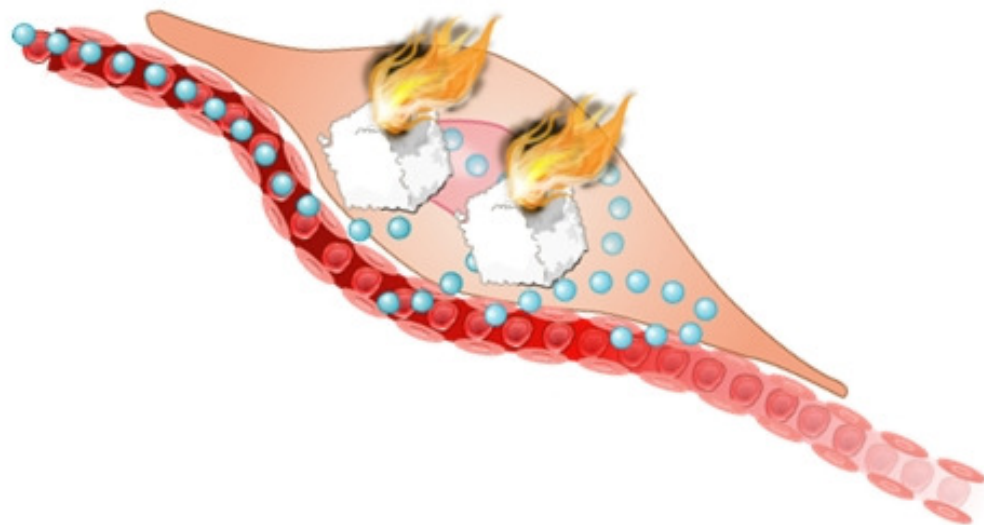
- 1 You breath oxygen and it goes into your blood



- 2 Oxygen goes from your blood in your cells

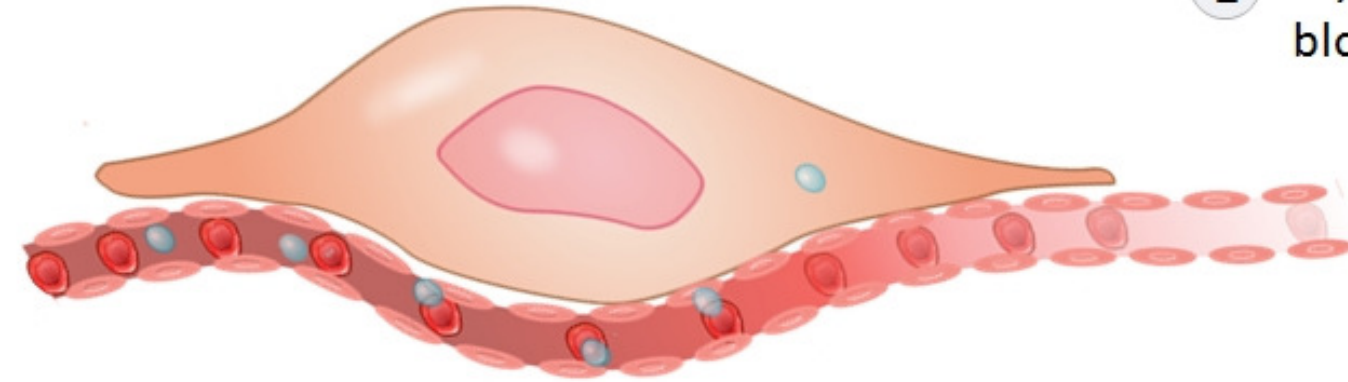


- 3 Your cells then use the oxygen to burn your food and make energy

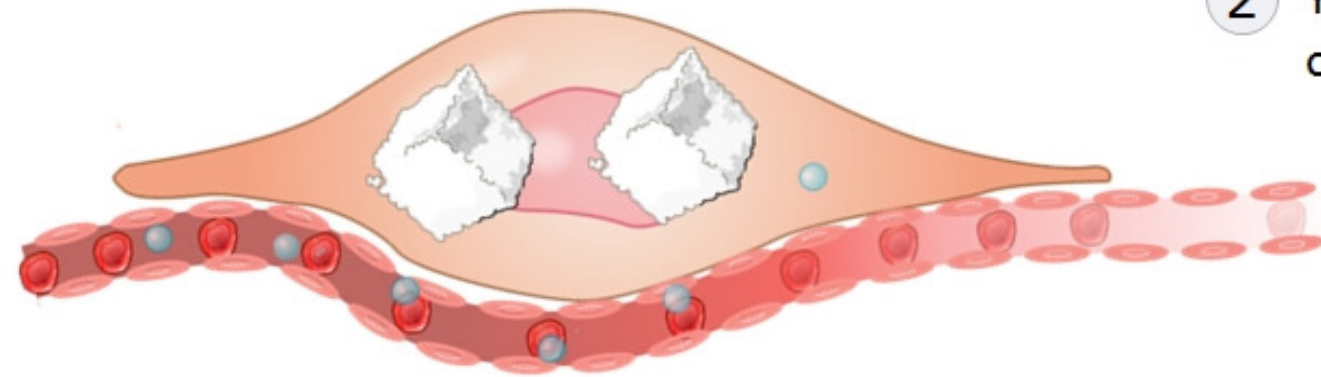


When you don't have enough blood cells you won't have enough energy.

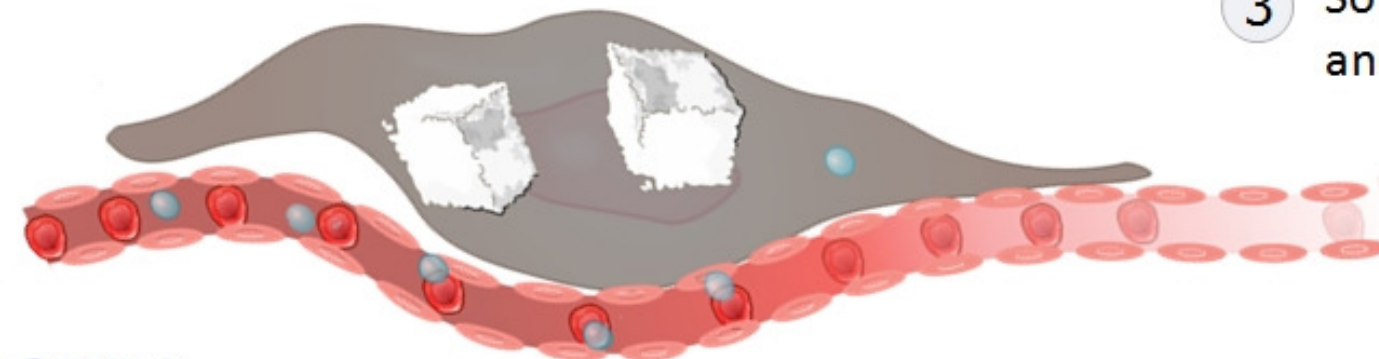
- 1 If you have anemia you don't have enough blood cells



- 2 Your cells don't get enough oxygen



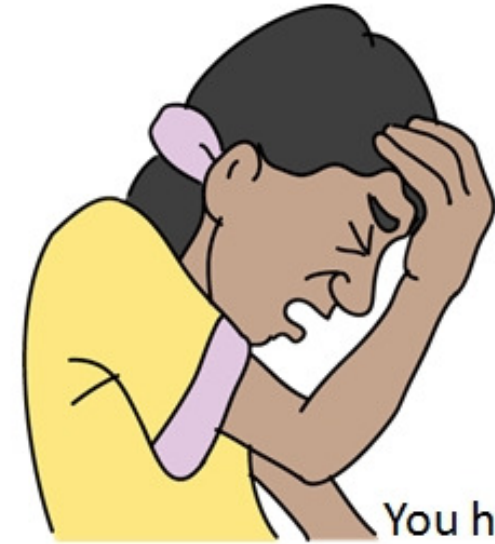
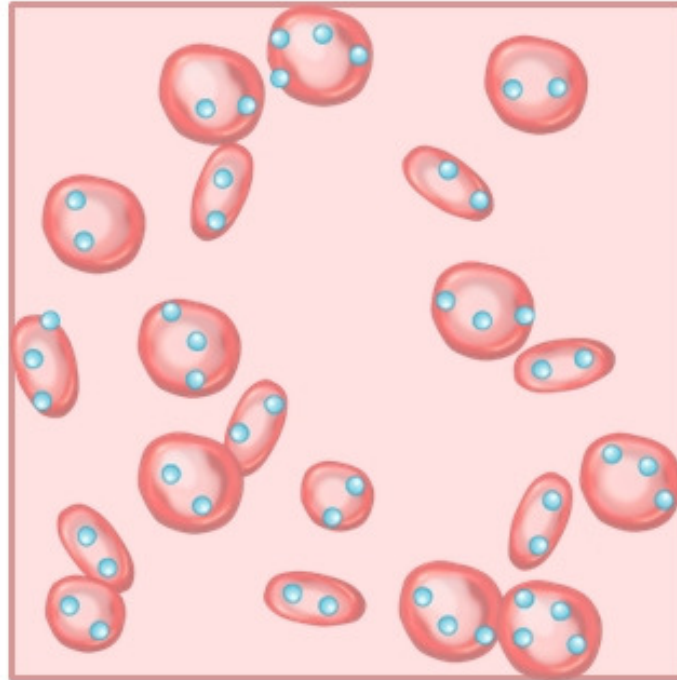
- 3 So your cells don't make enough energy and they don't work properly



What can happen when you have **anaemia**? (symptoms).



You feel weak and tired



You have a headache



You feel grumpy



You have problems with thinking clearly



You are light-headed



You get short of breath

Who is most likely to have **anaemia**?

Adolescent girls and women



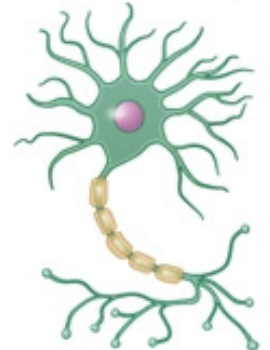
Women need more iron because of their periods



Mum and baby needs iron

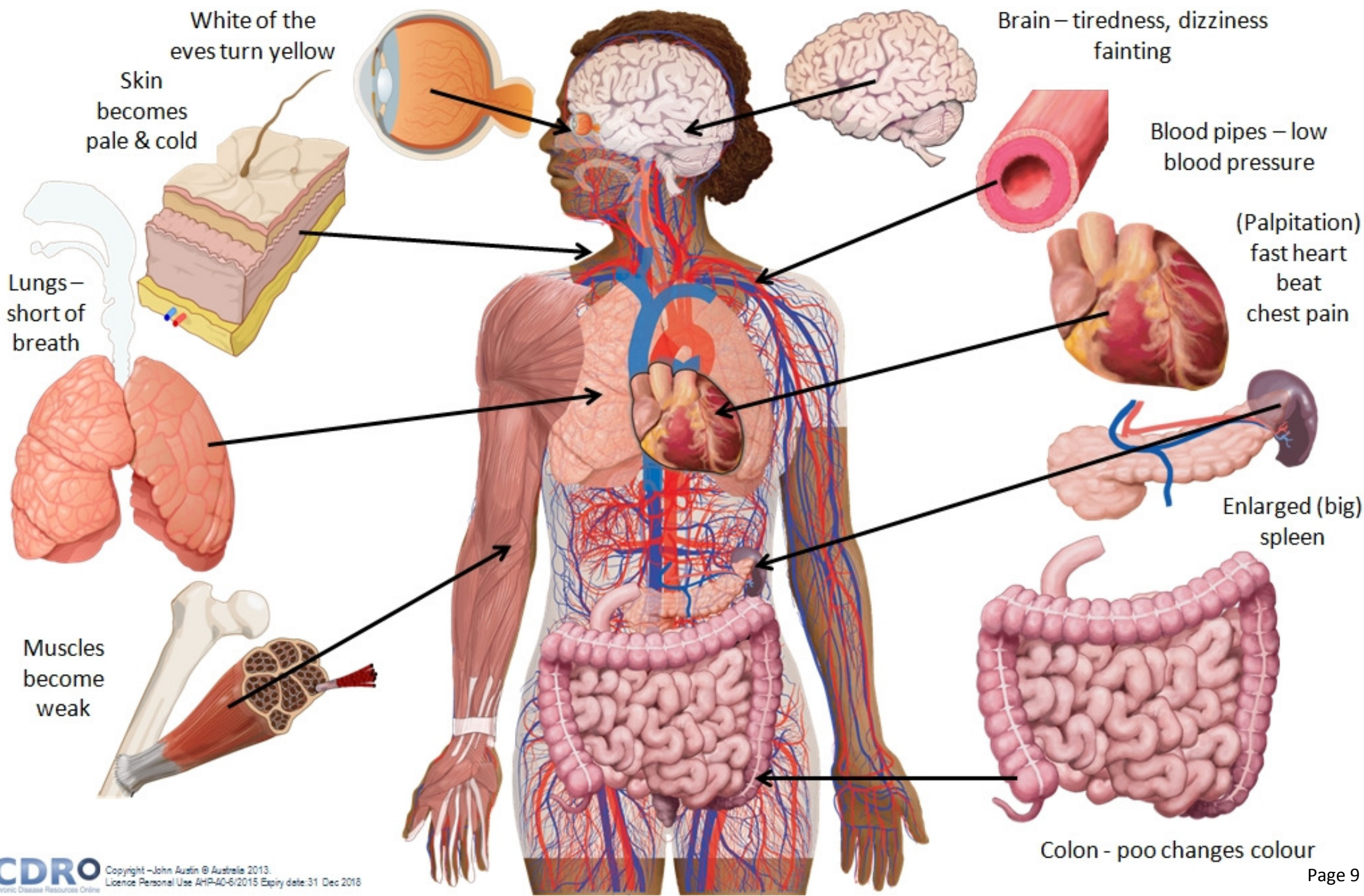


Young children and babies



Brain cells need iron to grow properly

How does **anaemia** affect different parts of your body?



There is no need to print the following page when printing and using this resource

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You must use your own professional judgement when using this resource

Purpose of resource:

To become more aware of how people's body works:

To explain what happens if someone has anaemia and how the bodies oxygen supply is affected.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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