



The Iron Check-Up

Symptoms of anemia and IDA

Having symptoms of anemia does not mean that you have iron deficiency anemia (IDA)—only a blood test can confirm a diagnosis of IDA. But if these symptoms are interfering with your life, it's important to tell your doctor.

Starting a conversation about IDA symptoms can be difficult. So, start with our discussion guide from the Level Up! website — download it and bring it to your next doctor's appointment.

Check off any symptom(s) that you have recently experienced:

Swollen and painful tongue

Dizziness

Pale appearance

Fatigue and tiredness

Fast or racing heartbeat

Shortness of breath

Spoon nails

Weakness

Anemia is not usually the first sign of IDA. IDA develops slowly over time as iron gets used up by your body. Check off any symptom(s) of IDA that you have experienced recently:

Migraines (particularly in women)

Pregnancy complications

Heart conditions

Infections

Restless legs syndrome

Depression

A desire for eating non-food items, such as ice or dirt (a condition called pica)



High-risk groups

IDA can happen to anyone, but some people are at higher risk. Check off any high-risk group(s) that you belong to below.

I am a:

Teen

Female and/or endurance athlete

Adult over age 65

Woman

Person living with an inherited blood disease

Not yet in menopause

Vegan or vegetarian

Pregnant, breastfeeding, or postpartum

Blood donor

Bring the Iron Check-Up, along with the discussion guide, to your next doctor's appointment to start the conversation.

This check-up can help your doctor better understand your symptoms and whether your blood should be tested. If you're diagnosed with IDA, the good news is that it can be treated.



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