

# What is Anaemia?

Anaemia is a condition characterised by a reduced number of red blood cells in the blood. The most common cause is **iron deficiency**, as iron is essential for producing **haemoglobin**—the molecule in red blood cells that carries oxygen to tissues throughout the body.

Anaemia can also develop due to deficiencies in **folate** or **vitamin B12**. In some cases, it may be caused by inherited disorders that result in faulty haemoglobin production, reducing the blood's ability to transport oxygen efficiently.

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## Symptoms of Anaemia

People with anaemia may experience:

- Fatigue
- Dizziness
- Difficulty concentrating
- A racing or irregular heartbeat

Your doctor or midwife will arrange tests to determine the cause of anaemia if needed.

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## Recommendations

During pregnancy, maintaining a **healthy, balanced diet** is essential. Most women are advised to take **iron and folate supplements** to support red blood cell production.

- **Vegetarians and vegans** are encouraged to supplement their diet with **vitamin B12**, as it is primarily found in animal products.

If you have concerns about anaemia or your nutritional needs during pregnancy, consult your doctor or midwife for personalised advice.