



What is anemia?

- Anemia is a shortage of red blood cells in your bloodstream.
- Red blood cells carry oxygen from your lungs to every part of your body.
- Oxygen is the fuel that your body needs to live. Red blood cells are the “delivery trucks” that carry oxygen.



- If you have anemia, your body becomes starved for oxygen.
- Anemia is very common in people with CKD (chronic kidney disease).

Why do people with CKD (chronic kidney disease) have anemia?

- Kidneys make **erythropoietin**, called **EPO** for short.
- EPO is a hormone (chemical messenger) that tells your bone marrow to make red blood cells.
- If your kidneys don't work well, you may not make enough red blood cells, so you have anemia.

How does your doctor test for anemia?

- Blood test for **hemoglobin**, the part of red blood cells that carries oxygen.
- Blood test for **hematocrit**, which measures how much of your blood is made up of red blood cells.
- If your **hemoglobin is less than 11** or your **hematocrit is less than 33**, you may need treatment for anemia.

Anemia and CKD

(Chronic Kidney Disease)

Kidney disease can cause anemia—treat anemia to stay active and healthy.

How is anemia treated?

- With a drug that is a man-made form of EPO, the messenger that tells your body to make red blood cells.
- Brand names for man-made EPO are Epogen™, Procrit™, Aranesp™.
- These drugs must be given by injection (a shot) in order to work.
- Blood tests tell how the drug is working. Your dose may change depending on how your body is responding.
- You may also need extra iron. Your body uses iron to make red blood cells. Without enough iron, the EPO won't work.



How do you feel if you have anemia?

- Very tired, no energy
- Feel cold all the time
- Look pale and washed out
- Depressed
- Trouble sleeping
- Short of breath
- Dizzy, lightheaded
- Trouble thinking clearly
- You may not have all of these symptoms, or you may not notice symptoms in early stages.



Keep anemia under control to stay active and independent!

- If your anemia gets worse, it may be very hard to work, exercise, or even carry out your daily activities.
- Staying on top of anemia will help you live a normal life with CKD.

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well
with CKD™

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