

KEV TIV THAIV (PREVENTION)



- * Tsis txhob muab mis nyuj rau menyuam haus yog tsis tau muaj 1 xyoo
- * Yuav tsum qhia menyuam noj xebyaum thiab cov mis mos muaj yam pab tau cor ntshav liab
- * Yuav tsum qhia menyuam noj nqaij ntshiv liab, lub plawv, txiv grape ziab, zaub ntsuab, zaub paj broccoli, thiab nkaub qes uas muaj iron ntau



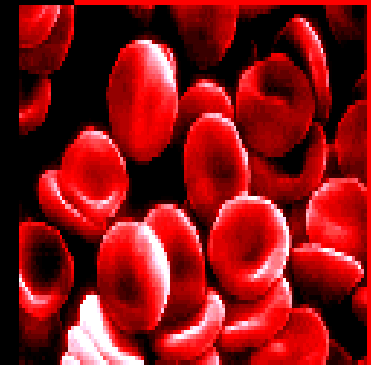
- * Qhia menyuam noj nqaij ntshiv liab, qalb, ntses, thiab lwm yam vitamin C xwslis txiv majkiab, dib-liab, thiab zaub paj broccoli



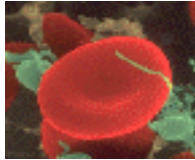
- * Menyuam muaj 3 hli mus rau 6 hli yuav tsum kuaj tug kho mob txhua zaub, yog menyuam muaj tejyam li no



IRON DEFICIENCY ANEMIA Nyob Rau Cov Menyuam



YOG DABTSIS? (What is it?)



- * Iron yog ib yam npe ua yuav tsum muaj nyob rau hauv kev tsim rojntshav (production of hemoglobin)
- * Hemoglobin yog cov ntshav liab (red pigment) ua nyob rau hauv cov hlwv ntshav liab (red blood cells) uas xa cov cua (oxygen) mus rau cov nqaij (tissues) thiab nqa tej yam rojntshav uas lub cev tsis yuav lawm (waste material, Carbon Monoxide).
- * Yog cov Iron muaj tsis txaus, hemoglobin poob, ua lub cev tsis muaj oxygen txaus uas ua lub cev loj hlob tuaj. Qhov no hu tias cov ntsav liab tsis txaus (anemia).

TEEBMEEM (CAUSES)

- * Txhua yam kabmob yuav ua cov rojntshav liab puamtsuaj (destruction of red blood cells)
- * Ntshav yuav los ntau heev
- * Cov ntshav liab, Iron yuav muaj tsawg

MUAJ DABTSIS TSHWMSIM (SIGNS & SYMPTOMS)

- * Nyob tsis tswm ib qhov chaw ntev (short attention span)
- * Nkee nkees heev (fatigue)
- * Tsis qablos (loss of appetite)
- * Npau npau taws (irritable)
- * Txog siav (shortness of breath)
- * Dajntseg (pale)
- * Dias taubhau (headache)
- * Taubhau kiv kiv (dizzy)
- * Tej zaum tus menyuam muaj teebmeem, tiamsis tsis pom muaj dabtsis tshwhsim



YOG TSIS KHO YUAV MUAJ TEEBMEEM (COMPLICATIONS IF UN- TREATED)

- * Tus cwjpwv pauv
- * Kev hais lus thiab ua si poobqab
- * Lub cev kis kabmob yooj yim



MENYUAM YUAV MUAJ TEEBMEEM (AT-RISK CHILDREN)

- * Menyuam yug ua ntej tsis tau txwm 9 hli thiab me-me
- * Tsevneeg tsis nylam noj nqaij (vegetarian household)
- * Menyuam xaiv xaiv khoom noj (food fads)
- * Menyuam noj mis ntev ntev thiab xaiv xaiv khoom noj tom qab 6 lub hli
- * Noj mis nyuj ntau (tsaj 3 khob tauj ib hnuv)
- * Cov tib neeg txom nyem (disadvantage social groups)