

Anemia

<p>Every Day</p>	<ul style="list-style-type: none"> • Eat foods high in iron. These include liver, beef, fish, lentils and beans, oysters, tofu, green leafy vegetables, cereals/breads with iron, and dried fruits (examples: apricots, prunes, and raisins). • Drink and eat foods high in vitamin C. These foods help your body absorb iron. Examples include orange juice, strawberries, and broccoli. • Take iron supplements as ordered by your doctor. • Watch for yellow zone symptoms. • Review all new medicines, including over-the-counter and prescribed medicines, with your doctor.
<p>Green Zone</p>	<p>ALL CLEAR! This zone is your goal. Your symptoms are under control.</p> <ul style="list-style-type: none"> • No dizziness or falls • No bruises (black and blue marks) on your skin • No bloody or dark stools • No unexpected weight loss • No chest pain or feeling of fluttering in your chest • No excessive bleeding
<p>Yellow Zone</p>	<p>CAUTION! This zone is a warning!</p> <p>Call your home care nurse at _____, or call your doctor at _____.</p> <ul style="list-style-type: none"> • Feeling more tired or weak than usual • Dizziness or you have fallen • Weight loss • Abdominal pain • Bleeding • Bruises (black and blue marks) on skin • Bloody or dark stools • Feeling of fluttering in chest • Difficulty breathing • Increased swelling in legs or feet • Changes in skin color
<p>Red Zone</p>	<p>EMERGENCY Zone!!</p> <p>Call 911 or have someone take you to the Emergency Room!</p> <ul style="list-style-type: none"> • Uncontrolled bleeding • Chest pain