



Vitamin B12 and Folate

Vitamin B12 helps produce mature red blood cells.

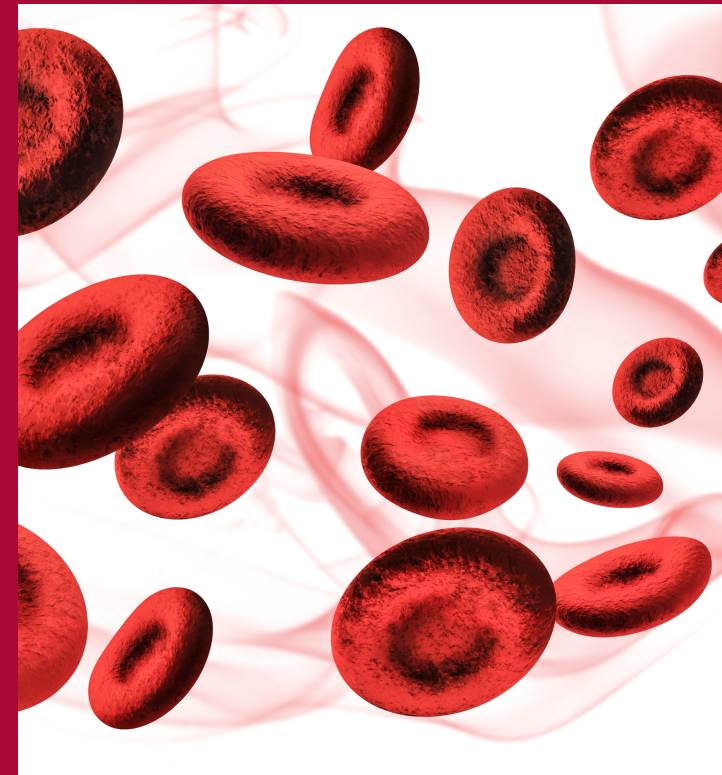
Folic Acid or vitamin B9 helps to produce red blood cells.

Decreased levels of either folic acid or vitamin B12 can cause anemia.



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Anemia in CKD



Definitions and Treatment

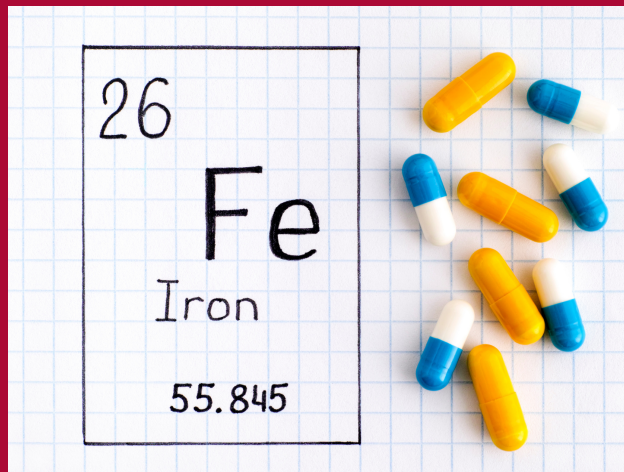
Anemia, Defined

Anemia occurs when your total red blood cells or hemoglobin levels are low. Hemoglobin is the protein that delivers oxygen to your body.



Anemia can be due to any of the following:

- Blood Loss
- Genetic Conditions
- Nutritional Deficiencies
- Chronic Diseases



You need iron to form hemoglobin, which is the protein in red blood cells that delivers oxygen to the rest of your body. It is found in:

- Meat
- Poultry
- Fish
- Eggs
- Tofu
- Dark Green Vegetables
- Lentils/Beans
- Grains (fortified with iron)

**Iron from meat products is absorbed more efficiently.

Erythropoietin

Erythropoietin is a hormone that is produced by the kidneys to stimulate the bone marrow to make red blood cells.

If you have kidney disease, your kidneys may not produce adequate quantities of this hormone. If so, your doctor may refer you to get hormone injections.

