

## ANEMIA SCREEN

The anemia screen includes tests for:

· Hemoglobin · Iron · TIBC

Anemia occurs when the amount of hemoglobin (found in the red blood cells) drops below normal. Hemoglobin, a protein, is necessary for the transport and delivery of oxygen throughout the body. The anemia screen determines the number and characteristics of red and white blood cells. The test also looks at your iron status and shows if there is an abnormally high, abnormally low, or a sufficient supply of iron. Iron, a component of hemoglobin, is a vital oxygen-transporting mineral and too little iron can also cause anemia. Excess levels of iron can cause medical problems as well.

### **What should I do with my results?**

It is always recommended that you meet with a doctor to determine what your laboratory test results mean to you. Your doctor will review all of your test results and, combined with your health history, will be able to provide an accurate picture of your health status.

**If any of your results were abnormal or out-of-range:** Low levels of iron can be caused by many factors but may indicate anemia. Low levels can also occur during adolescence and pregnancy when the body has increased demands for iron. Low TIBC could be associated with malnutrition, kidney disease, or liver disease. High levels of iron in the blood can occur as the result of multiple blood transfusions, iron injections into muscle, lead poisoning, liver disease, or kidney disease. It can also be due to the genetic disease, hemochromatosis. As with any abnormal results, it's important that you discuss their implications with your physician.

**If your results were within normal range:** If your results fall within the normal range, we suggest discussing the necessity for periodic anemia screening with your physician. The Centers for Disease Control and Prevention (CDC) recommend periodic screening for anemia among high-risk populations of infants and preschool children, among pregnant women, and women of childbearing age.