

Who It Affects?



Around the world, 1.92 billion people have anemia. That is **24%** of the world

Anemia disproportionately affects marginalized and lower socio-economic groups.

Women tend to more commonly have anemia, with 30% of women globally having anemia.

How to Help?

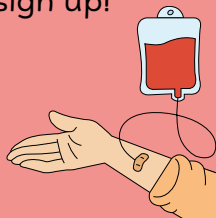


Help us fundraise money for the Cooley Foundation on our GoFundMe page. Scan the QR code below to donate!



Go to local blood drives and donate your blood.

Scan the QR code below to sign up!



OUR MISSION

For 2025-2026

We hope to shed some light on what **anemia** is and the many ways in which it **impacts** the lives of many individuals in our **community**!

Find us at:



@anemiaawareness.hosa



@anemiaawareness&3

Anemia Awareness

RISE FOR RED
HOSA 2025

Grow your understanding about ANEMIA and learn how you can help!



WHAT IS ANEMIA?

A **condition** in which your blood does not have enough **healthy red blood cells** or **hemoglobin**.

As a result, your **blood** cannot carry as much **oxygen** to the rest of your body

Causes

IRON DEFICIENCY

Fe

B-12 DEFICIENCY

B₁₂

FOLATE DEFICIENCY

B₉

DECREASED BLOOD CELL PRODUCTION



DESTROYED BLOOD CELLS



BLOOD LOSS



Symptoms

- Fatigue
- Weakness
- Pale skin
- Cold hands and feet
- Dizziness
- Reduced immunity
- Shortness of breath

SOME TYPES OF ANEMIA INCLUDE:

Iron-Deficiency Anemia

Caused by low iron levels, leading to insufficient hemoglobin production.

Vitamin-Deficiency Anemia

Caused by a lack of Vitamin B12 or Folate (B9), essential for red blood cell production.

Sickle Cell Anemia

A genetic disorder where red blood cells are misshapen (sickle-shaped) and break down easily

Aplastic Anemia

A rare but serious condition where the bone marrow stops producing enough blood cells.

Thalassemia

An inherited condition where the body makes abnormal hemoglobin, leading to fewer red blood cells.