

Renal anemia is a specific symptom in patients with chronic renal failure. It is closely related to renal dysfunction.

A. The cause of renal anemia:

The main cause of anemia in kidney patients is a decrease in the production of erythropoietin (EPO). EPO is made by the kidneys, and as kidney function gradually degrades, its output will decrease. The function of EPO is to stimulate the bone marrow to produce red blood cells.

B. Other common causes of renal anemia:

1. Iron deficiency
2. Folate and vitamin deficiency
3. Malnourishment
4. Hyperparathyroidism
5. Other infection or inflammation:
Common cold.
6. Blood loss through the intestine
7. Blood loss while hemodialysis
8. Shorter like span of red blood cells:
Normal red blood cells can live about 120 days, while the life span

of those of a patient with kidney failure will shorten.

It is the physicians who should determine which of the above causes that a patient suffers from and then give appropriate treatment. Before you take any nutrients or health food, please discuss with your physician.

C. Symptoms of renal anemia:

Fatigue, lethargy, loss of appetite, reduced exercise capacity, and out-of-breath feeling sometimes.

D. Treatment of renal anemia:

Normal hemoglobin level is 12-17g/dl, Common anemia in patients with chronic renal failure is less than 13g / dL for men and less than 12 g / dL for women . As a patient's renal functions worsen, his/her hemoglobin may also reduce to as low as 7-8g/dl and below. The most common cause is the reduction of erythropoietin and thus the supplement of erythropoietin (EPO) is the most common and most

effective remedy. The most effective treatment, followed by iron, folic acid, vitamin B12 deficiency anemia, the doctor will give treatment if necessary.

Renal anemia treatment goal:

hemoglobin level is above 10g/dL, it is better if it reaches 11.5g/dL, but there is no significant benefit above 11.5g/dL.

Reminders to patients taking EPO medication:

1. Medication: It should be treated by injection that prescribed by your doctor.
2. Storage method: refrigerator at 2~8°C
3. Side effects: Hypertension, diarrhea, hyperkalemia, ... and so on. Among them, hypertension is the most common adverse effect.
4. Factors that trigger poor EPO treatment may include: The most common causes are iron deficiency, and others include increased urotoxin, infections/infections, chronic blood loss, folic acid or

vitamin B12 deficiency,
malnutrition, hemolysis, etc.

E. Q & A:

Question 1:

Can renal anemia be supplemented with "blood-enriching" products or nutritious food?

Answer 1:

The correct treatment of anemia is to first diagnose it correctly by the doctor, determine the cause of the anemia, and then decide on the treatment and treatment method. It is not possible to blindly supplement nutritious foods, vitamins or blood products (iron), so please consult the physician for advice before supplementing.

Question 2:

Renal anemia, how to eat tonic? Can chicken soup and liver be used as food supplement?

Answer 2:

Red meat can be used: beef, lamb, pork, duck, duck blood, pig blood, dark green vegetables, grapes, apples, pears, cherries, etc. are rich in iron,

folic acid and vitamin B12. Consult a physician or dietitian the amount of intake. Chicken soup and pork liver are not recommended as a way of feeding.

■ Please write down your question

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() 1. The common causes of renal anemia include iron deficiency, folic acid deficiency, and blood loss from the intestine. This condition requires professional judgment and management. Please do not take health supplements as medication.

() 2. Patients suffering from chronic kidney disease and anemia may have chicken essence and pork liver as health tonics.

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| Question Number: | 1 | 2 |
| Answer: | O | X |

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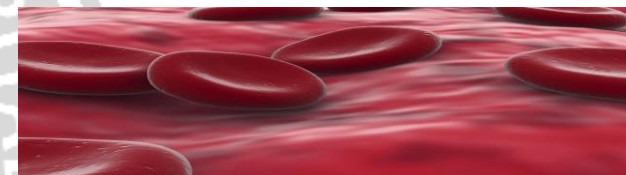
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Understanding Renal Anemia

認識腎性貧血

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