

For Your Best Life Possible

# Understand Anemia and Its Treatment

Red blood cells carry oxygen to all parts of your body to give you energy.

Many people with kidney disease do not make enough red blood cells. At least once a month, your red blood cell count will be tested.

When someone has too few blood cells, it is called anemia.

Anemia has a number of symptoms:

- Looking pale
- Feeling tired
- Poor appetite
- Trouble sleeping

If you have anemia due to kidney disease, your doctor will prescribe a medication called an erythropoiesis stimulating agent (ESA).

The most common ESAs are Epogen and Aranesp. These medicines help your body make red blood cells so you can have more energy and avoid blood transfusions and their risks.



**The most common way to treat anemia is with medications called Epogen and Aranesp.**

**If you have anemia, your doctor will prescribe one of these medicines so you can have more energy.**

**Ask your kidney doctor or dialysis nurse:**

**“How do I know if I have anemia?”**

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