



Northwest
RENAL
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Anemia and Chronic Kidney Disease

If you have kidney problems, you may feel extremely tired and weak. If you have been especially tired, you may have a condition called anemia. Anemia is a condition in which the body does not have enough red blood cells. Red blood cells carry oxygen throughout your body.

Symptoms of anemia include:

- Tiredness
- Shortness of breath
- Muscle pain when exercising
- Dizziness
- Trouble sleeping
- Depression
- Dizziness

Our kidneys play many roles in our overall health. One of the things they do is produce a hormone called erythropoietin. This hormone signals the bone marrow to make more red blood cells when we run low. If your kidneys are struggling to filter the blood, they have a harder time sending the hormone signals to the bone marrow, and you can become anemic.

There are a number of ways to treat anemia including medications and blood transfusions.

The following terms relate to anemia:

Hematocrit (HCT) -a way of measuring the red cell content of the blood. Measured as a percentage of the total blood volume.

Hemoglobin (Hb) – The part of the red blood cell that carries oxygen throughout the body. Hb is measured on grams (g) per deciliter (dL)

Erythropoietin – The hormone usually produced in the kidneys to stimulate red blood cell production.

Fatigue – Extreme weakness, exhaustion, or tiredness. Can be a symptom of anemia.