

**Causes, symptoms and benefits of anaemia correction:**

<b>Causes</b>	<b>Symptoms</b>	<b>Benefits</b>
Insufficient production of EPO	Loss of well-being	Improved quality of life
Iron deficiency	Shortness of breath on exertion	Regression of LVH and CVD
Reduced half life of RBC	Tiredness, increased fatigue, lack of energy	Increased energy levels
Insufficient B12 and folate	Exercise intolerance	Increased exercise capacity
Chronic blood loss (blood tests, dialysis process, low platelet counts)	Sleep disorders	Improved sleeping patterns
Haemolysis due to dialysis process	Impaired cognitive functioning	Improved cognitive functioning
Infection/inflammation	Decreased sexual drive	Improved sexual functioning
Haemoglobinopathies (e.g. sickle cell anaemia)	Decreased immunity	Immune responsiveness
Elevated PTH (leading to osteitis fibros)	Pallor (lips, palms and tongue)	Improved haemostasis
Hyperphosphataemia		Menstrual regularity (women)
Malnutrition		Reduction in hospital admissions
Medication use		Reduction in morbidity and mortality
Liver disease		

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