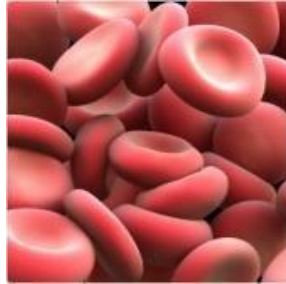




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WHAT IS IRON?

Iron is a mineral that the body needs for growth and development. Your body uses iron to make hemoglobin which is a protein in red blood cells that carries oxygen from the lungs to all parts of the body.



WHY IS IRON SO IMPORTANT?

Getting too little iron will not have any short term symptoms. But in the long term, too little iron can cause iron deficiency anemia.

SIGNS AND SYMPTOMS OF IRON DEFICIENCY ANEMIA

- Tiredness
- Lack of energy
- Poor memory and concentration
- Less ability to fight off germs



WHO IS AT RISK OF IRON DEFICIENCY?

- Women of child bearing age
- Pregnant women
- Infants and young children
- People with certain medical condition such as cancer and gastrointestinal disorders

Sources:

- National Institutes of Health
- Comprehensive Perinatal Services

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。 Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

HOW CAN I GET ENOUGH IRON?

- Eat iron-rich foods every day.
- Eat foods high in vitamin C will increase iron absorption.
- Avoid coffee, tea, and sodas which may block iron from getting into your body.
- Follow your obstetrics provider's instruction in using prenatal vitamins and iron supplements.



FOODS RICH IN IRON:

- Fresh lean cuts of beef
- Fresh lean cuts of pork
- Fresh lean cuts of lamb
- Egg yolk
- Iron fortified cereals
- Black beans
- Raisin



CAN IRON BE HARMFUL?

Yes, iron can be harmful if you take in too much. Taking high doses of iron supplements, can cause an upset stomach, dizziness, organ failure, coma and even death. High doses of iron also decrease the absorption of other minerals. Therefore, it is very important to use child-proof packaging on iron supplements to prevent accidental iron poisoning in children.

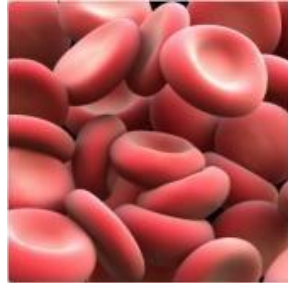


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甚麼是鐵質?

鐵質是人體成長和發育所需的礦物質。你的身體用鐵質製造血紅蛋白，身體需要血紅蛋白將氧氣從肺部攜帶到其他部位。



為甚麼鐵質如此重要?

攝取太少鐵質在短期內不會引發明顯症狀。但是，長期缺乏鐵質會導致缺鐵性貧血。

缺鐵性貧血的症狀和徵兆:

- 疲累
- 乏力
- 記憶力差和集中力差
- 免疫力變差



誰比較容易會缺乏鐵質?

- 生育年齡的女性
- 孕婦
- 嬰兒和兒童
- 患有某些疾病，如癌症和腸胃疾病

資料來源:

- National Institutes of Health
- Comprehensive Perinatal Services

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我如何能夠攝取足夠的鐵質?

- 每天吃高鐵質的食物。
- 吃含豐富維生素C 的食物可以幫助鐵質的吸收。
- 避免咖啡、茶和汽水，因為這些飲品可以減少鐵質的吸收。
- 遵從婦產科醫生的囑咐來
- 服用孕婦維生素和補鐵劑。



含高鐵質的食物

- 新鮮的瘦牛肉
- 新鮮的瘦豬肉
- 新鮮的瘦羊肉
- 雞蛋黃
- 添加了鐵質的五穀片
- 黑豆
- 葡萄乾



攝取過量的鐵質是否對身體有害?

攝取過量的鐵質對身體是有害的。如果您服用了過量的補鐵劑，這可以引起腸胃不適、頭暈、器官衰竭、昏迷、甚至死亡。過量的鐵質也會降低其他礦物質的吸收。因此，要避免兒童鐵質中毒的意外，必須使用兒童安全藥物包裝來儲存補鐵劑。