

## FOLATE DEFICIENCY ANEMIA

Folate deficiency can also lead to folate deficiency anemia. Anemia can happen when your body doesn't have enough healthy red blood cells. Your body needs red blood cells to carry oxygen to your body tissues (Red Blood Cells Stay In Circulation For About 120 Days). Folate deficiency anemia can also cause your body to produce abnormally large red blood cells that don't function properly.

Other complications of folate deficiency can include:

- >Infertility.
- >Certain cancers.
- >Cardiovascular disease.
- >Depression.
- >Dementia.
- >Decreased cognitive function.
- >Alzheimer's disease.
- >High Blood Pressure.
- >Birth Defects.

## SYMPTOMS AND CAUSES

What are the symptoms of folate deficiency?

>One of the first symptoms of folate deficiency is extreme tiredness (fatigue).

Other symptoms may include:

- >Paleness.
- >Shortness of breath (dyspnea).
- >Irritability.
- >Dizziness.
- >Oral symptoms
  - >Tender, red tongue.
  - >Mouth sores or mouth ulcers.
  - >Reduced sense of taste.
- >Neurological symptoms
  - >Memory loss.
  - >Difficulty concentrating.
  - >Confusion.
  - >Problems with judgment.

Additional symptoms of folate deficiency may include:

- >Lack of energy.
- >Muscle weakness.
- >Depression.
- >Weight loss.
- >Diarrhea.

#### WHAT CAUSES FOLATE DEFICIENCY?

One of the most common causes of folate deficiency is not eating a healthy, balanced diet. A healthy diet includes foods that naturally contain folate or are enriched with folic acid. Other causes of folate deficiency can include:

>Digestive system diseases: Your digestive system doesn't absorb folic acid well if you have a disease such as Crohn's disease or celiac disease.

>Excessive alcohol use: People who drink large amounts of alcohol sometimes substitute alcohol for food. As a result, they don't get enough folate.

>Overcooking your fruits and vegetables: When you overcook, the heat can destroy the naturally occurring folate in your produce.

>Hemolytic anemia: A blood disorder that occurs when your red blood cells are destroyed and can't be replaced fast enough.

>Certain medications: Some anti-seizure drugs and ulcerative colitis drugs interfere with the proper absorption of folate.

>Kidney dialysis: A treatment for people with kidney failure.