Talk with your doctor about anemia.

Most people with kidney failure who are on dialysis have anemia. Talk with your doctor or another member of your health care team to find out more about your symptoms and treatment options. Use this symptoms guide to get the conversation started.

### How often do you feel tired and/or weak and don’t know why?
- **Not often**
- **Sometimes**
- **Often**

### How much does that bother you?
- **Not at all**
- **A little**
- **A lot**

### How often do you notice your heart beating faster than normal?
- **Not often**
- **Sometimes**
- **Often**

### How much does that bother you?
- **Not at all**
- **A little**
- **A lot**

### How often do you have trouble breathing or catching your breath?
- **Not often**
- **Sometimes**
- **Often**

### How much does that bother you?
- **Not at all**
- **A little**
- **A lot**

### How often do you feel dizzy?
- **Not often**
- **Sometimes**
- **Often**

### How much does that bother you?
- **Not at all**
- **A little**
- **A lot**

### Does your skin look unusually pale or dull?
- **Not often**
- **Sometimes**
- **Often**

### How much does that bother you?
- **Not at all**
- **A little**
- **A lot**

### Questions to ask
- What causes anemia?
- Am I already on a treatment for anemia? What treatment?
- If I’m not on a treatment, what are my treatment options?
- Why might I still have symptoms if I am on a treatment for anemia? Is there anything I should be doing differently?
- Are there any side effects from the treatment?