Mild or moderate forms of anemia may cause few, if any, symptoms. Some of the most common symptoms are listed below along with symptoms of specific types of anemia.

**Headaches, dizziness**

**Iron deficiency anemia**
- Difficulty swallowing
- Swollen or sore tongue
- Cracks or ulcers at the corners of the mouth
- Craving to eat unusual non-food items such as ice or dirt (also known as “pica”)

**Vitamin B12 deficiency**
- Confusion, memory loss, depression, and/or dementia in severe cases
- Muscle weakness
- Slow reflexes
- Loss of balance
- Unsteady walking
- Numbness and tingling that start first in the hands and feet (from nerve damage)

**Affecting the body as a whole**
- General feeling of tiredness or weakness (fatigue)
- Lack of energy
- Pale skin

**Iron deficiency anemia**
- Brittle or spoon-shaped nails

**Vitamin B12 deficiency**
- Confusion, memory loss, depression, and/or dementia in severe cases
- Muscle weakness
- Slow reflexes
- Loss of balance
- Unsteady walking
- Numbness and tingling that start first in the hands and feet (from nerve damage)