

# IRON OVERLOAD IS BAD FOR YOUR



Because of the multiple blood transfusions you have received over time, **extra iron** has built up in your body. Of course, the blood transfusions are good for your health, but the **extra** iron is bad for you. **Iron overload** can damage your liver and other important organs.

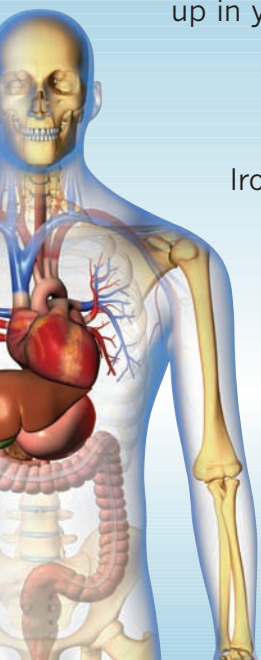
Work with your healthcare providers to get rid of the extra iron in your body. Iron overload is serious, so if you have any questions, call your healthcare team today.

Learn more at [www.AskAboutIron.com](http://www.AskAboutIron.com).

**Get the extra iron out.**

[www.AskAboutIron.com](http://www.AskAboutIron.com)

See Important Information about Iron Overload and the liver on the back >>>



## The Liver

The liver is one of the largest organs in the body. It performs many important jobs that keep you alive:

- The liver stores vitamins and minerals
- It changes food sugar into the energy you need
- It helps you digest foods by breaking down fats
- It filters harmful substances from the blood

Iron overload may lead to serious diseases of the liver, such as cirrhosis and liver cancer. But by working with your healthcare providers now to remove the extra iron, you'll be helping to keep your liver healthy.

### IRON OVERLOAD MAY CAUSE DAMAGE TO MANY PARTS OF YOUR BODY:

- HEART
- JOINTS/BONES
- LIVER
- GALLBLADDER
- PANCREAS
- SKIN

### Tips For Patients & Families: Staying in Touch with Your Healthcare Team

It's important to have a trusting relationship with your doctor and other healthcare providers. Communication is the key. Always ask any questions you have about any of your treatments, whether it's for you or someone in your care.

If something has been bothering you, bring it up. If you have health concerns that you might think aren't related to your condition, talk about them, too. Your healthcare providers can point you in the right direction. For example, if you've been feeling depressed lately, you may be referred to a counselor or therapist who can help you.

An important part of any partnership is trust, and this is true for you and your healthcare providers, too. To build your trust, be sure you understand your doctor or nurse's instructions, and always ask for an explanation of anything you don't understand.

When you keep the lines of communication open, you're doing your health a favor!

**Get the extra iron out.**



[www.AskAboutIron.com](http://www.AskAboutIron.com) | A message from Novartis

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