

# YOUR BONES AND MAY BE IN DANGER.



Because of the blood transfusions you've received over time, **extra iron** has built up in your body. The blood transfusions are important for your health, but the **extra iron** is bad for you. **Iron overload** can cause damage to your joints and bones and other important parts of the body.

Work with your healthcare providers to get rid of the extra iron. 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 bones and joints >>>

## Bones and Joints

**Bones** provide support for our bodies. Although they're very light, bones are strong enough to support our entire weight. They contain soft bone marrow, which makes the body's red blood cells and platelets.

Flexible **joints** are located wherever two bones meet. The main joints of the body — found at the hip, shoulders, elbows, knees, wrists and ankles — are freely movable.

Iron overload may cause problems for your bones and joints, including osteoarthritis or painful inflammation. The good news is, by working with your healthcare providers now to remove the extra iron, you're taking an important step. You're helping to make sure your bones and joints are healthy.

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

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



### Tips for Patients & Families: Fighting Fatigue

Overcoming fatigue may sometimes feel difficult. Here are some hints to help perk up anyone who's feeling tired.

**Get organized.** First, take note of when you most often feel tired. Is it in the morning or afternoon? Knowing this will help you plan your day better. Keep these things in mind, too:

- **Make time for zzz's.** Be sure you get enough sleep each night. Also, allow time for rest during the day. This will help you save energy.
- **Plan wisely.** It's important to plan activities throughout the day instead of trying to do too much at one time. So try to make the most of those times when you *do* have energy.
- **Get moving.** Just as getting rest is important to fighting fatigue, so is staying active. Regular exercise is perhaps the best defense against fatigue. Go for a walk or an easy hike. Exercise is even more rewarding when you do it in a group, so take a friend for a bike ride or spend an evening bowling.

Remember, you can still have fun on those days when you're feeling tired. It's just a matter of finding the right balance between getting rest *and* staying active.



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