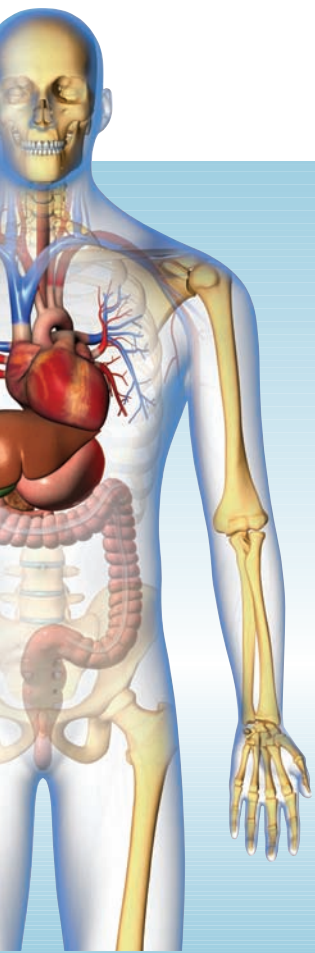


# THIS MAY LEAD TO DIABETES.



The blood transfusions you've had over time are good for your health, but they have caused **extra** iron to build up in your body. That **extra iron** is bad for you. **Iron overload** can damage your pancreas and may lead to diabetes and other serious health issues.

Iron overload is serious, so work with your healthcare providers to get rid of the extra iron in your body. 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 more Important Information about Iron Overload and your pancreas >>>

## Pancreas

The pancreas is a small, but important, organ near the liver. It makes insulin, which helps keep your body supplied with the energy it needs.

Over time, the extra iron in your body can affect your pancreas and lead to diabetes. Diabetes is a disease in which the body does not make or properly use insulin. Insulin is needed to convert the food you eat into energy for daily life. Iron build-up in your liver and muscles may worsen your diabetes.

But there's good news. When you work with your healthcare providers to remove the extra iron, you're taking a step to protect your health!

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

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



### The ABCs Of Caring For Yourself or Others

Total health means a healthy body *and* mind. Besides transfusions, there are things you can do to help maintain your total health or the health of someone you care for.

#### Follow your ABCs:

**Activity.** Plan to do one fun thing every day. It can be as simple as reading a chapter of an exciting book on days when your energy is low.

**Best choices.** Make sure to keep your appointments and have a running list of questions or concerns to bring up at each appointment. Eat healthy foods instead of convenient ones. Rest as much as your body needs, and take your medication as directed.

**Caring for others.** Reaching out to other people can lend a sense of purpose to life. And purpose can be a reason to walk out the door, call a friend or just keep yourself healthy.

**Get the extra iron out.**



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

If you no longer wish to receive these materials, please call 1-877-278-5986.