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Don't let Iron Overload get in the way of life.

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Taking a walk in the park. Chatting with family and friends. All of it may become out of reach if you don't pay attention to iron overload. If you've had **10 or more blood transfusions**, you may be at risk. Iron overload may cause serious health problems such as heart failure, liver failure and diabetes.

The good news is: You **can** stay on top of it. Talk to your doctor about testing for iron overload, as well as treatment options. If you already have a plan to remove extra iron, stay with it!

www.AskAboutIron.com



Check your iron level. Then, check it again.

Staying on top of iron overload isn't a one-time thing. It's a long-term commitment! Here's what you need to do to succeed.

Now: Find out your iron "number." Ask your doctor about getting a serum ferritin test, a simple blood test that measures the iron in your body. **A serum ferritin number of 1000 mcg/L** or higher may mean you're at risk for iron overload. If you have iron overload, follow your doctor's plan to remove the extra iron.

Later: If your doctor is working with you to manage your iron overload, you'll probably need to test your serum ferritin regularly to see how you're doing. After each test, **use the attached tracker** to record your serum ferritin number. And keep working with your doctor to stay on top of iron overload.

Meet Ben Green and hear his story.

Watch a video and gain inspiration from Ben's story at www.AskAboutIron.com/PatientStories. Ben lost his daughter Sylvia to the effects of iron overload because they weren't aware of the condition. Since then, Ben has become devoted to raising awareness of iron overload.

