



Don't let Iron Overload take you by surprise.

That's the thing about iron overload: It doesn't give you symptoms to warn you something's wrong — until it's too late, and damage has already been done to your organs. That could lead to heart failure. Or liver failure. Or diabetes.

So don't wait to be surprised. If you've had **10 or more blood transfusions**, talk to your doctor now about testing for iron overload. Ask about treatment options. If you already have a plan to remove extra iron, stick with the plan so you can stay in the game!

www.AskAboutIron.com

The health dangers of Iron Overload.

Heart

Irregular heart beat,
heart failure

Thyroid Gland

Growth Problems

Pancreas

Diabetes

Learn more about iron overload and its potential effects on the body at www.AskAboutIron.com/health.

By working with your healthcare providers, you can stay on top of iron overload. Use the enclosed doctor discussion guide to help start the conversation.

Three steps to staying on top of Iron Overload.



Ask your doctor about getting a serum ferritin blood test. This measures the iron in your blood. **A serum ferritin level of 1000 mcg/L** or higher is a sign that you may be at risk for iron overload. Learn more about testing at www.AskAboutIron.com/testing.



Visit www.AskAboutIron.com/tracker to download and print a serum ferritin tracker. Mark your serum ferritin number each time you have the blood test. This will help you track your iron levels over time.



Talk with your healthcare provider about the results of your serum ferritin test and, if needed, start working on a plan to remove the extra iron. If you already have a plan to manage your iron overload, be sure to stay with it.