

### Talking With Your Doctor

If you have periodic or regular blood transfusions, it's important to talk with your doctor about your risk for iron overload, when you should be tested, and whether you might need treatment.

Sometimes people find it difficult to ask their doctor questions. And sometimes they forget to ask the questions they'd planned. If you're like many people who would benefit from having a list of questions about iron overload to take to your doctor, use this **Doctor Discussion Guide** to help get the conversation started.

### About Iron Overload & Blood Transfusions

- Have I received 10 or more blood transfusions?

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- What is iron overload?

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- How do I know if I have iron overload?

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- If I have iron overload, can my iron levels ever be normal again?

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### Screening for Iron Overload

- Have I ever been tested for iron overload?

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- What were the results?

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- What are my serum ferritin levels? Are they above or below 1000 mcg/L (micrograms per liter)?

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- Where can I get a serum ferritin test?

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- What's it like?

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- How long does it take?

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- Does it hurt?

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- Will I know if I have iron overload after just one test?

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- How often should I be screened?

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- Without a test, can you tell if I have iron overload?

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**Ongoing Monitoring of Iron Levels**

- How often do I have to have a serum ferritin test if I've previously been diagnosed with iron overload?

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- If I continue to have blood transfusions, will my doctor monitor my iron levels?

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**Seeking Treatment for Iron Overload**

- When is it important for me to seek treatment for iron overload?

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- What are the treatment options for iron overload?

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- If I already have some health problems from iron overload, will treatment help me get better?

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