

## KNOW ABOUT IRON OVERLOAD

- The blood transfusions you receive to help keep you healthy can result in excess iron. And your body cannot get rid of excess iron on its own
- Too much iron can lead to a condition called iron overload, which can damage important organs
- Talk with your doctor to find out if you are at risk for iron overload, and visit [www.askaboutiron.com](http://www.askaboutiron.com) for more information

### Keep track of your transfusions

Record the number of transfused units you have received in your lifetime. (1 transfusion=2 transfused units)

1	2	3	4	5
MM/DD/YY	MM/DD/YY	MM/DD/YY	MM/DD/YY	MM/DD/YY
6	7	8	9	10
MM/DD/YY	MM/DD/YY	MM/DD/YY	MM/DD/YY	MM/DD/YY
11	12	13	14	15
MM/DD/YY	MM/DD/YY	MM/DD/YY	MM/DD/YY	MM/DD/YY
16	17	18	19	20
MM/DD/YY	MM/DD/YY	MM/DD/YY	MM/DD/YY	MM/DD/YY

If you have received 10 or more blood transfusions (20 units), you may be at risk for iron overload.

### Questions you should ask your doctor if you think you are at risk for iron overload:

1. I heard that I may be at risk for iron overload if I have ever received blood transfusions. Can you tell me if I am at risk?
2. What tests can you give me to find out if I have iron overload?
3. What can you do to treat iron overload?