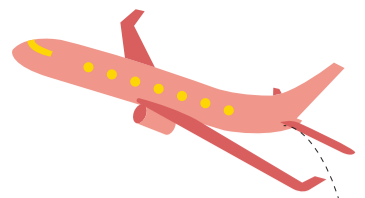




26 November  
Iron  
Deficiency  
Day  
#IronMatters



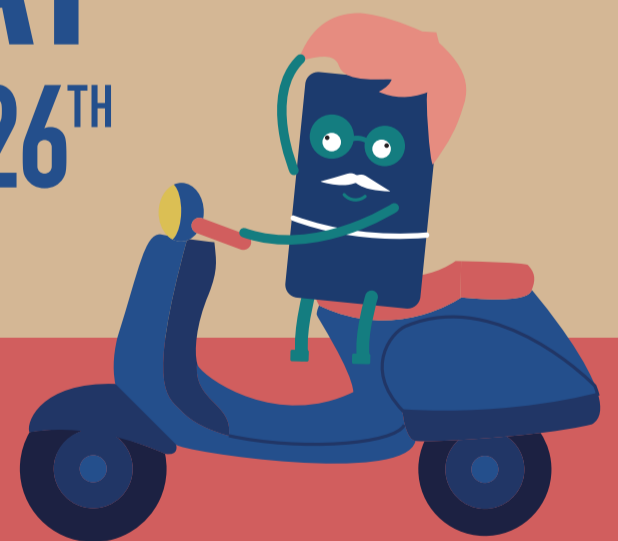
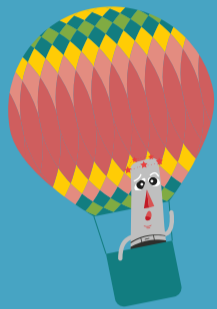
# SYMPTOM CHECKLIST

RAISING AWARENESS  
AROUND THE WORLD

IRON

DEFICIENCY DAY

NOVEMBER 26<sup>TH</sup>



Recognising the symptoms of iron deficiency and iron deficiency anaemia is often the biggest hurdle to getting a diagnosis. The symptoms can manifest in different ways, they are hard to pinpoint and can be associated with a number of other health conditions.<sup>1,2</sup>

If you are concerned about iron deficiency, use this checklist to identify any of the symptoms you may have and take along to your healthcare professional to discuss further.


# IRON DEFICIENCY DAY SYMPTOM CHECKLIST

■ Symptoms that slow you down ■ Symptoms you can feel ■ Symptoms you can see




**Feeling worn out**

Feeling permanently exhausted or extremely tired is often referred to as fatigue – one of the most common symptoms of iron deficiency. If you feel drained or have little energy or enthusiasm to complete daily tasks, you could be iron deficient.<sup>2,3,4</sup>



**Mentally tired**

Extreme tiredness can affect more than just the body – you can suffer from mental fatigue too. If you are finding it hard to focus or manage your mood, it could mean that you are iron deficient.<sup>5</sup>



**Hearing loss**

There are many reasons why you might suddenly struggle to hear properly and it is important you get a proper diagnosis but it could be associated with iron deficiency anaemia.<sup>5</sup>




**Loss of hair**

If you are losing clumps of hair or more hair than normal, it could be an indication of iron deficiency.<sup>2,6</sup>



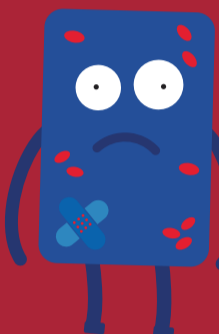
**Oddly shaped nails**

If you have nails with abnormalities in colour, shape or texture, it could be because of a lack of iron. In particular, nails that are dipped in the middle and raised at the edges to give a rounded appearance like a spoon.<sup>2,7</sup>



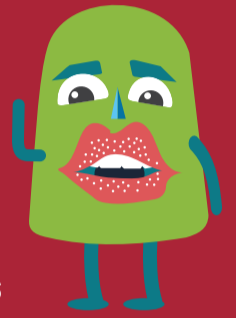
**Paleness**

Iron deficiency can make you look pale. This is more noticeable on your face, nails, inner mouth and lining of your eyes. If you pull your lower eyelid down and it is a very pale peach colour or yellow, this may indicate that you have iron deficiency anaemia.<sup>2</sup>



**Bruising easily**

Bruising easily has long been associated with iron deficiency.<sup>8</sup>



**Mouth ulcers**

Mouth ulcers (sore white patches on the inside of your mouth) can occur for many reasons but, in some cases, mouth ulcers can also develop due to iron deficiency.<sup>9</sup>



**Irritability**

Exhaustion, mood swings and an inability to concentrate can cause frustration. If you feel that you are easily irritated, it may be a sign of iron deficiency.<sup>3,10</sup>




**Losing memory**

Are you forgetting little things more frequently? Talk to your doctor about what could be causing your short-term memory loss; it may be because of iron deficiency.<sup>9</sup>




**Crazy cravings**

If you regularly feel like eating non-food items like clay, dirt, ash and starch, it is important not to give in to your cravings and seek medical advice.<sup>2,11</sup>




**Chewing ice**

One of the most common symptoms of iron deficiency is the desire to eat or chew ice. Regularly chewing ice can damage the teeth and the gums, so it is important to seek treatment.<sup>2,10</sup>



**Restless legs syndrome**

If you feel the need to move your legs to get rid of uncomfortable or strange sensations while resting, you may have restless legs syndrome. The feelings are sometimes described as itching, burning or crawling and can often affect your sleep.<sup>2,12</sup>



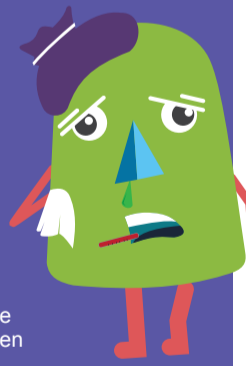
**Feeling cold**

If you find yourself struggling to keep warm or your hands and feet get cold easily, you may have iron deficiency.<sup>13</sup>



**Breathlessness**

If you find you can't exercise as much as you would like, or you get out of breath doing simple things like walking up the stairs, you may be iron deficient.<sup>14</sup>



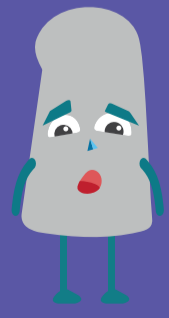
**Prone to infections**

If your body doesn't have enough iron available then you may become prone to recurrent infections like common colds.<sup>15</sup>



**Headaches**

If you are getting more headaches or they are becoming more severe you should speak to your doctor to check your iron levels.<sup>3,16</sup>



**Sexual function**

A lack of iron can lead to a low sexual libido and erectile dysfunction. You should talk to a healthcare professional, if you are experiencing either.<sup>2</sup>

If you recognise one or more of these symptoms in yourself, you should visit a healthcare professional to have them check your iron levels and investigate further. There are simple tests to find out what's wrong and help you to manage your iron levels.

## References

1 Cappellini MD et al. Iron deficiency across chronic inflammatory conditions: International expert opinion on definition, diagnosis, and management. *Am J Hematol.* 2017 Oct;92(10):1068-1078. 2 Auerbach M, Adamson JW. How we diagnose and treat iron deficiency anemia. *Am J Hematol.* 2016;91(1):31-38. 3 Fernando B, et al. A guide to diagnosis of iron deficiency and iron deficiency anemia in digestive diseases. *World J Gastroenterol.* 2009 Oct 7; 15(37): 4638-4643. 4 Favrat B., et al. (2014). Evaluation of a single dose of ferric carboxymaltose in fatigued, iron-deficient women—PREFER a randomized, placebo-controlled study. *PLoS One* 9(4): e94217. eCollection 2014. 5 Schieffer KM, et al. Association of Iron Deficiency Anemia With Hearing Loss in US Adults. *JAMA Otolaryngol Neck Surg.* 2017;(800). 6 Trost LB, et al. The diagnosis and treatment of iron deficiency and its potential relationship to hair loss. *J Am Acad Dermatol.* 2006;54(5):824-44. 7 Cashman MW, Sloan SB. Nutrition and nail disease. *Clin Dermatol.* 2010;28(4):420-5. 8 Whitfield A, et al. Iron Deficiency Anemia Diagnosed in Female Teenagers. *J Family Med Community Health.* 2015. 2(7): 1058. 9 Scully C. ABC of oral health: Mouth ulcers and other causes of orofacial soreness and pain. *Bmj.* 2000;321(7254):162-165. 10 Patterson A, et al. Iron deficiency, general health and fatigue: Results from the Australian Longitudinal Study on Women's Health. *Qual Life Res.* 2000;9:491-497. 11 Barton JC, et al. Pica associated with iron deficiency or depletion: clinical and laboratory correlates in 262 non-pregnant adult outpatients. *BMC Blood Disord.* 2010;10:9. doi:10.1186/1471-2326-10-9. 12 Silber MH, et al. Willis-Ekbom Disease Foundation Revised Consensus Statement on the Management of Restless Legs Syndrome. *Mayo Clin Proc.* 2013;88(9): 977-986. 13 Brigham D, Beard J. Iron and thermoregulation: a review. *Crit RevFood Sci Nutr.* 1996;36(1040-8398):747-763. 14 Jankowska E, et al. Iron deficiency: an ominous sign in patients with systolic chronic heart failure. *Eur Heart J.* 2010;31(15):1872-80. 15 Beard JL. Iron biology in immune function, muscle metabolism and neuronal functioning. *J Nutr.* 2001;568-580. 16 Fallah R, et al. Evaluation Efficacy of Ferrous Sulfate Therapy on Headaches of 5-15 Years Old Iron Deficient Children with Migraine. *Iran J Pediatr Hematol Oncol.* 2016;6(1):32-7.