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.1,2

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.

Vifor Pharma, a company of the Vifor Pharma Group, is a world leader in the discovery, development, manufacturing and marketing of pharmaceutical products for the treatment of iron deficiency. The company also offers a diversified portfolio of prescription and non-prescription medicines. Vifor Pharma’s operational headquarters are in Zurich, Switzerland, and the company has an increasingly global presence and a broad network of affiliates and partners around the world. For more information about Vifor Pharma, please visit www.viforpharma.com

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If you recognise one or more of these symptoms in yourself, you should visit a health-care 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