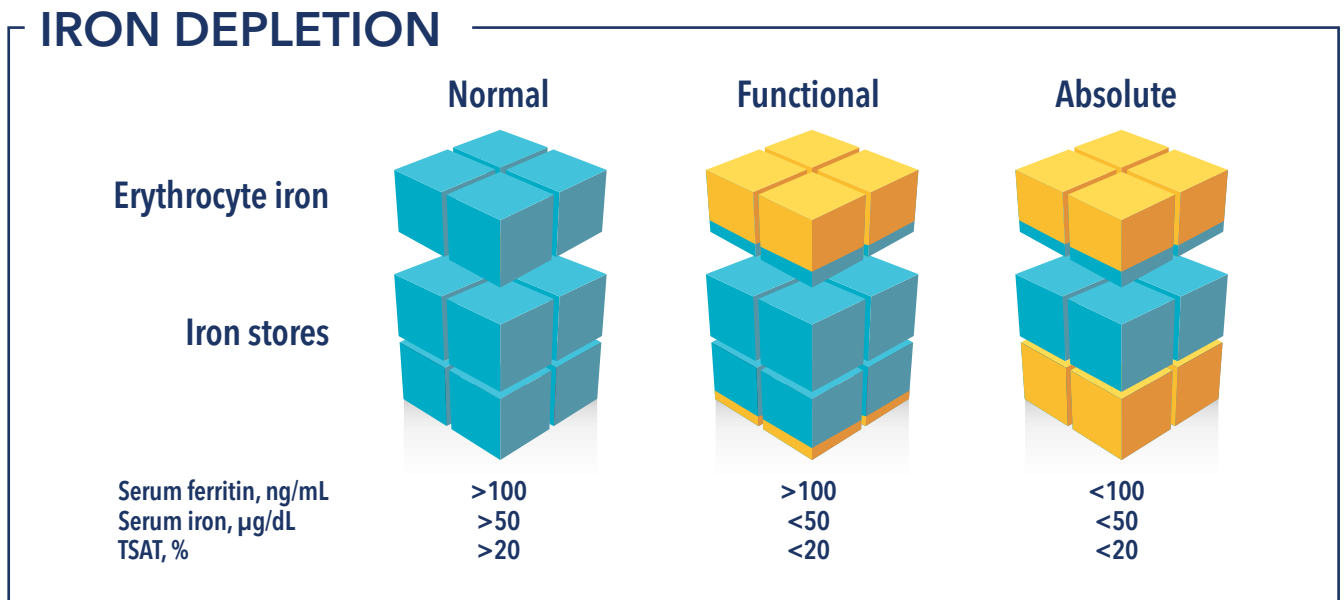


Iron has both a storage pool and a functional pool. Iron deficiency can be absolute (the body's iron store is empty) or functional (when the release of iron is compromised).



CAUSES OF IRON DEFICIENCY:



Reduced absorption

- AI gastritis
- Bariatric surgery
- PPIs
- Anti-H₂
- H pylori*
- Hookworm infection
- Bleeding
- Oedema
- Coeliac disease



Inadequate intake

- Vegetarian/vegan diet
- Malnutrition



Increased body needs

- Infants/preschoolers
- Pregnancy
- EPO treatment
- Elite athletes



Chronic blood loss (without anaemia)

- GI cancers
- Donations
- Heaves menses
- NSAIDs
- Haematuria
- Coagulopathy
- Steroids



Having certain chronic diseases*

- Inflammatory bowel disease (IBD)
- Chronic heart failure
- Chronic kidney disease
- Celiac disease

*block iron transporters and reduce iron absorption, causing functional iron deficiency.

References: Al-Naseem, Abdulrahman, et al. "Iron deficiency without anaemia: a diagnosis that matters." *Clinical Medicine* 21.2 (2021): 107.
Anand, Inder S., and Pankaj Gupta. "Anemia and iron deficiency in heart failure: current concepts and emerging therapies." *Circulation* 138.1 (2018): 80-98.