KNOW IRON DEFICIENCY (ID) IN HEART FAILURE

What is Iron Deficiency?
Iron makes hemoglobin, a part of red blood cells that carries oxygen to tissues.
Iron deficiency means a shortage of iron, and without enough of it, the body cannot make enough red blood cells to deliver adequate oxygen to organs.

What Are Common Causes Iron Deficiency?
- Not enough iron in your diet
- Increased blood loss
- Increased need for iron
- Issues with absorbing iron

Why Are Patients with Chronic Heart Failure More Likely to Have Iron Deficiency?
- Insufficient dietary intake of iron
- Certain drugs or foods can reduce the amount of iron you absorb
- Certain drugs can increase GI bleeding, which can lead to iron loss
- Functional GI changes can lead to iron loss or reduced iron absorption
- Having certain chronic conditions or having undergone certain procedures:
  - Congestive heart failure
  - Chronic kidney disease
  - Heavy uterine bleeding
  - Gastrointestinal (GI) disorders
  - Bariatric surgery
  - Cancer
  - Heavy uterine bleeding
  - Gastrectomy

What Are The Symptoms of Iron Deficiency?
- Headaches
- Pale skin
- Dry and damaged skin and hair
- Unusual fatigue
- Shortness of breath
- Brittle fingernails
- Swollen tongue
- Heart palpitations
- Dizziness
- Craving for peculiar foods or non-food substances (e.g., ice, dirt, chalk, paper)
- Irritability
- Dry and damaged skin and hair
- Pale skin
- Unusual fatigue
- Shortness of breath

ID is common and serious; talk to your doctor if you are experiencing any of these symptoms.

REFERENCES: