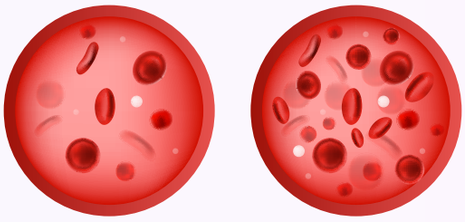
KNOW IRON DEFICIENCY (ID) IN HEART FAILURE

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



ANEMIA NORMAL

What Are Common Causes Iron Deficiency?

- Not enough iron in your diet
- Increased blood loss
- Increased need for iron
- Issues with absorbing iron

Having certain chronic conditions or having undergone certain procedures:

- Congestive heart failure
- Chronic kidney disease
- Heavy uterine bleeding
- Gastrointestinal (GI) disorders
- Bariatric surgery
- Cancer

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

What Are The Symptoms of Iron Deficiency?

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

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

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- Mayo Clinic, "Iron Deficiency Anemia." Available at https://www.mayoclinic.org/diseases-conditions/iron-deficiency-anemia/symptoms-causes/syc-20355034