SYMPTOMS OF IRON DEFICIENCY!

Unusual fatigue

Pale skin

Headaches and dizziness

Shortness of breath

Dry and damaged skin and hair

Swelling and soreness of the tongue and mouth

Restless legs

Heart palpitations

Glossitis (Smooth tongue)

Brittle fingernails

Irritability

REFERENCES:
https://www.mayoclinic.org/diseases-conditions/iron-deficiency-anemia/symptoms-causes/syc-20355034

Clinical Manifestations which are UNIQUE to iron deficiency

- **Pica/ pagophagia:** Also defined as craving for peculiar food or non food substances e.g. ice, dirt, chalk

- In rare cases combination of Dysphagia, esophageal web, glossitis, (Plummer-Vinson or Patterson-Kelly Sc) can be observed