

HOW IS IRON DEFICIENCY DIAGNOSED AND TREATED?

DIAGNOSIS. Iron deficiency is determined by the value of lab markers in your blood. Talk to your doctor if your lab values are below normal*



Normal Values*	Male	Female
Hemoglobin (Hb)	13.2 - 17.1 g/dL	11.7 - 15.5 g/dL
Ferritin	12-300 ng/mL	12 - 150 ng/mL
Ferritin saturation (TSAT)	20-50%	20-50%

*Please note that normal values can vary significantly for a lot of different reasons, including age, comorbid conditions, or where the lab test was done. Additionally, iron deficiency may be diagnosed even if the lab markers fall within the normal range. Please consult with your doctor to better interpret what your lab results mean for you

TREATMENT. Once Iron Deficiency is diagnosed, your doctor may prescribe iron supplementation. This usually may involve oral iron supplements/pills, increasing your dietary iron intake, or intravenous iron therapy.*

ORAL IRON PILLS



PROS:

- Readily available and inexpensive

CONS:

- Not absorbed well, might not deliver a full dose
- GI side effects
- Not fully effective, especially in patients with HF

IRON RICH FOODS



Include meat and seafood, eggs, liver, beans and peas, dark leafy vegetables.

INTRAVENOUS IRON



PROS:

- Direct to bloodstream and therefore bypasses GI system
- Has been studied in clinical trials
- Recommended by guidelines for the treatment of iron deficiency in HF
- A form of IV iron, ferric carboxymaltose, is the only FDA approved option to treat iron deficiency in heart failure

CONS:

- May need to be delivered at a doctors office
- Can be associated with serious adverse events such as allergic reactions or high blood pressure
- Has not been studied or approved for the treatment of iron deficiency

Other Lifestyle Measures that Can Help Maintain Your Iron Levels:*

- Adopt healthy lifestyle changes like heart-healthy eating patterns
- Reduce alcohol consumption
- Keep active
- Increase intake of vitamin C to help your body absorb iron
- Avoid drinking black tea, which reduces iron absorption



*This information is not intended to replace medical advice by a healthcare professional. Please consult your doctor if you'd like to learn more about treatment options and before making any lifestyle changes.

References: Ponikowski P, Jankowska EA. Targeting Iron Deficiency in Heart Failure: Existing Evidence and Future Expectations. *Circ Heart Fail.* 2021;14(5):e008299; Beavers CJ, Ambrosy AP, Butler J, et al. Iron Deficiency in Heart Failure: A scientific statement from the Heart Failure Society of America. *J Card Fail.* 2023;29(7):1059-1077; NIH. Iron-Deficiency Anemia. Accessed October 6, 2023; <https://www.nhlbi.nih.gov/health/anemia/iron-deficiency-anemia>