

## 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 of Iron Deficiency?

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

### Certain chronic conditions or procedures:

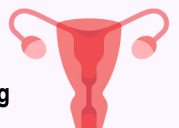
Congestive Heart Failure



Chronic Kidney Disease



Heavy Uterine Bleeding



Gastro-intestinal Disorders







Bariatric Surgery



Cancer



**Why** are patients with chronic heart failure more likely to have iron deficiency?

-  Insufficient dietary intake
-  Drugs/foods that reduce iron absorption
-  Drug side effect of increased GI bleeding
-  Functional GI changes

## What Are the Symptoms of Iron Deficiency?

- Brittle fingernails
- Dry and damaged skin and hair
- Headaches
- Heart palpitations
- Unusual fatigue
- Shortness of breath
- Dizziness
- Craving for specific foods or non-food substances, eg, chalk
- Swollen tongue



**ID is common and serious;**

talk to your doctor if you are experiencing any of these symptoms

**References:** Ponikowski P, Jankowska EA. Targeting Iron Deficiency in Heart Failure: Existing Evidence and Future Expectations. *Circ Heart Fail.* 2021;14(5):e008299; Anand IS, Gupta P. Anemia and Iron Deficiency in Heart Failure: Current Concepts and Emerging Therapies. *Circulation.* 2018;138(1):80-98; Mayo Clinic. Iron Deficiency Anemia. Accessed October 10, 2023. <https://www.mayoclinic.org/diseases-conditions/iron-deficiency-anemia/symptoms-causes/syc-20355034>; 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