

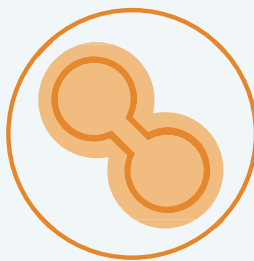


HOW TO GET IRON INFORMED

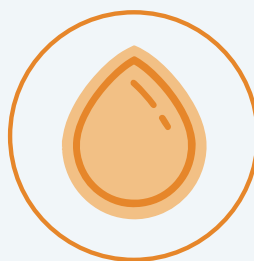
QUESTIONS FOR YOUR DOCTOR ABOUT IRON DEFICIENCY ANEMIA

This discussion guide is designed to help you talk to your doctor about your symptoms and any primary conditions that can co-exist with Iron Deficiency Anemia. When you don't have enough healthy red blood cells to carry enough oxygen to cells throughout the body, that's anemia. IDA is a common type of anemia. Keeping track of and sharing any symptoms with your doctor is key to managing your overall health and assessing all possibilities for why you may feel the way you do. It's also possible to have no symptoms at all, or that your symptoms could be indicative of another underlying condition. Keep in mind that this guide is a starter to begin a healthy conversation with your doctor to make sure you are both keeping track of your health and assessing why you may feel the way you do.

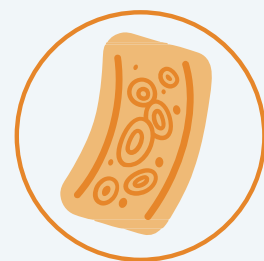
WHAT IS IRON DEFICIENCY ANEMIA (IDA)?



Iron helps produce hemoglobin, a part of red blood cells, which is a molecule that carries oxygen to your blood.



Without enough iron, your body starts using the iron it has stored. Soon, the stored iron gets used up.



Without iron, your body cannot produce the number of normal red blood cells needed to keep you in good health.

**GET IRON INFORMED. FOR MORE INFORMATION ABOUT IDA,
GO TO GETIRONINFORMED.COM.**

STEP 1. TRACK YOUR SYMPTOMS

Make sure to let your doctor know how often your symptoms occur or whether any of your existing conditions may put you at risk for IDA, when they began, and their severity. Keep in mind that signs and symptoms alone cannot diagnose IDA and some people do not have symptoms – specific blood tests are the only way to know for sure.

1. Do you find yourself feeling more tired lately?

Yes No

If yes, how often do you experience this symptom:

_____ x/week _____ x/month _____ x/year

2. Have you noticed weak or brittle nails?

Yes No

If yes, how often do you experience this symptom:

_____ x/week _____ x/month _____ x/year

3. Does your skin appear pale or dull?

Yes No

If yes, how often do you experience this symptom:

_____ x/week _____ x/month _____ x/year

4. Do you find your hands or feet feeling cold, even when others do not feel cold?

Yes No

If yes, how often do you experience this symptom:

_____ x/week _____ x/month _____ x/year

5. Do you find yourself feeling dizzy?

Yes No

If yes, how often do you experience this symptom:

_____ x/week _____ x/month _____ x/year

6. Do you notice your heart beating faster than normal or have difficulty catching your breath, even when not exercising or doing something strenuous?

Yes No

If yes, how often do you experience this symptom:

_____ x/week _____ x/month _____ x/year

7. Do you experience chest pain?

Yes No

If yes, how often do you experience this symptom:

_____ x/week _____ x/month _____ x/year

8. Do you find yourself craving or chewing on ice?

Yes No

If yes, how often do you experience this symptom:

_____ x/week _____ x/month _____ x/year



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STEP 2. MAKE AN APPOINTMENT WITH YOUR DOCTOR

Scheduling an appointment with your healthcare provider is the only way to check your iron levels. Below are some questions that can help you start the conversation:

- Could my health condition(s) increase my risk of IDA?
- Have my iron levels been checked? What were the results of the last test?
- How often do you normally test my iron levels?
- Can I request a blood test, to confirm if I have IDA, based on my new symptoms?
- Could my symptoms be indicative of another underlying medical condition?

COMMON BLOOD TESTS:

Hemoglobin (HB): a protein in red blood cells that carries oxygen

Ferritin: a protein inside your cells that stores iron

Transferrin Saturation (TSAT): transferrin is a protein responsible for transporting iron

Complete Blood Count: measures several components of the blood

STEP 3. UNDERSTAND YOUR BLOOD TEST RESULTS

Values considered normal can vary for a number of reasons, depending on the person, whether you are male or female, their condition(s) and where the test is taken. It's important to discuss your lab results and numbers with your doctor.

| Lab Markers | Normal Range | My Test Results |
|--------------------------------------|--|-----------------|
| Hemoglobin (Hb) | 13.8 - 17.2 g/dL (men) 12.1 - 15.1 g/dL (women) | |
| Ferritin | 12 - 300 ng/mL (men) 12 - 150 ng/mL (women) | |
| Transferrin saturation (TSAT) | 20% - 50% | |

STEP 4: IF YOUR IRON LEVELS ARE LOW, TALK TO YOUR DOCTOR

If your iron levels are low, ask your doctor the following:

- What can I do to try to increase my iron levels?
- Will I always have IDA or is it something that can be managed?
- What may be the long-term effects of IDA?
- Which treatment options are right for me?
- How do I know if my treatment is working?
- What are potential side effects of different treatment options?
- How long should my treatment take to be effective?
- What should I do if I experience side effects from oral iron supplements/IV iron?
- When should I have my iron levels tested again?



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