IronDeficiency.com

UNDERSTANDING YOUR IRON LEVELS

HOW IS IRON DEFICIENCY DIAGNOSED?

The diagnosis of iron deficiency and iron deficiency anaemia will be based on your medical history, physical examination as well as the results of a number of different blood tests.[1] In some cases, it is only discovered when your doctor performs a routine screening test or while checking for other problems.[1,2]

The blood work will evaluate both red blood cells and iron levels.[1,2] The interpretation of the results will depend on the individual clinical situation and the laboratory reference values.[2,3]

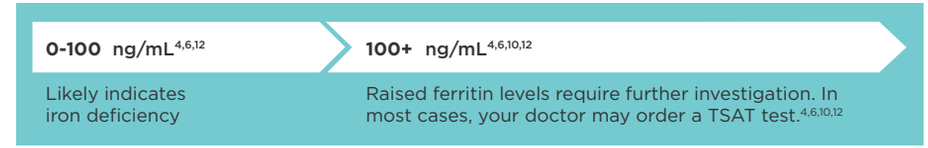
One of the key values is serum ferritin, that represents how much iron is stored in your body. Low serum ferritin levels may indicate iron deficiency. Raised levels of serum ferritin may require further investigation as certain medical conditions may interfere with the readings. Due to this, your doctor might ask to also check the transferrin saturation (TSAT), that represents the body's ability to transport the iron from the stores to the bone marrow, where red cells are made.[6,9,10]

IRON DEFICIENCY REFERENCE VALUES*

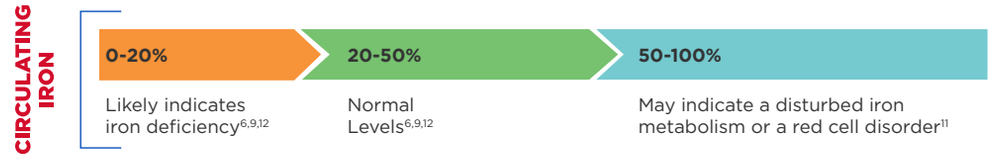
Serum Ferritin: it is a measure of the storage form of iron.
Ferritin is a protein that stores iron in the cells of your body.[5] A small amount of ferritin can be found in the blood and can be measured to see if you are iron deficient.[1]

Special case: co-existing chronic conditions, inflammatory disorders, liver disease or cancer [6,9,10]

When this happens, the serum ferritin levels do not reflect the iron stores alone and are typically higher than otherwise expected[12]. This calls for an additional test to confirm iron deficiency.

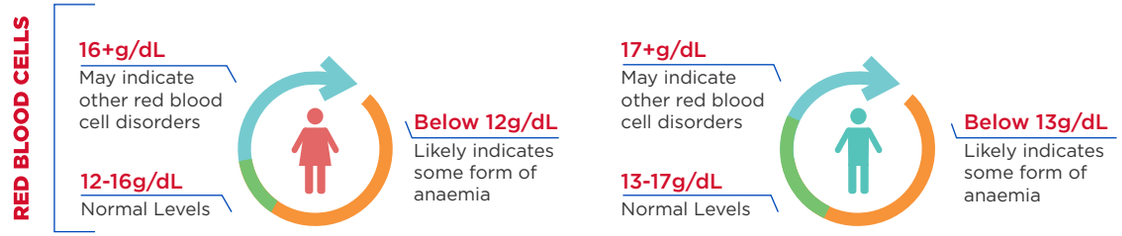


Transferrin saturation (TSAT): is a measure of the circulating form of iron.
TSAT indicates how much iron is attached to the transferrin and available for production of haemoglobin in the red cells or other physiological processes.[11]



ANAEMIA REFERENCE VALUES**

Haemogoblin: main component of red blood cells, which uses iron to transport oxygen to the cells. Haemoglobin concentration alone cannot be used to diagnose iron deficiency.[8]



*for adult patients
**Non pregnant women and men above 15 years of age[8]

VIFOR PHARMA

Vifor Pharma, a company of the Vifor Pharma Group, is a world leader in the discovery, development, manufacturing and marketing of pharmaceutical products for the treatment of iron deficiency. The company also offers a diversified portfolio of prescription and nonprescription medicines. Vifor Pharma's operational headquarters are in Zurich, Switzerland, and the company has an increasingly global presence and a broad network of affiliates and partners around the world.
For more information about Vifor Pharma and its parent company Vifor Pharma Group, please visit www.viforpharma.com

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