

Management of iron deficiency across chronic inflammatory conditions

About iron deficiency — Iron deficiency in chronic inflammatory conditions

Iron deficiency is a health-related condition in which iron availability is insufficient to meet the body's needs and which can be present with or without anemia¹



Iron deficiency affects up to one-third of the world's population²

Iron deficiency is particularly common in¹



chronic inflammatory conditions

Also at higher risk¹



older people

surgery patients

women

Symptoms of iron deficiency include:³⁻⁹



Physical:
exhaustion, fatigue, weakness



Neurological:
headache, dizziness, vertigo, tinnitus, restless legs syndrome



Psychological:
depression, poor work performance, mental and cognitive function



Visible:
dry and rough skin, brittle nails, hair loss, dry lips and mouth



85%
Patients with CKD



61%
Patients with CHF



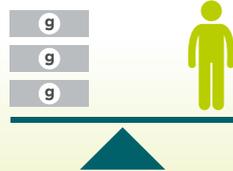
90%
Patients with IBD

It occurs in up to:¹

Iron and iron status

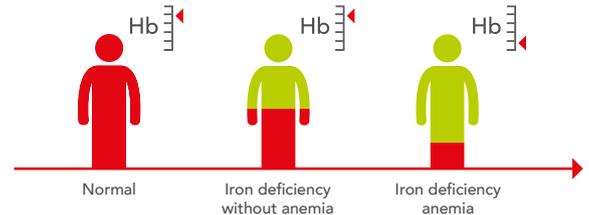


Iron is a micronutrient essential for the healthy functioning of every organ system.^{3,10}

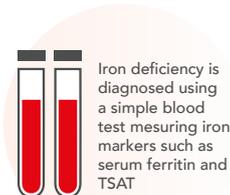


The human body contains an average of 3-4 grams of iron.¹

Iron status is a continuum from normal iron status with normal iron stores, to iron deficiency with reduced iron stores and / or iron availability with no anemia, to iron deficiency with anemia²



Diagnosis and treatment of iron deficiency in chronic inflammatory conditions



Iron deficiency is diagnosed using a simple blood test measuring iron markers such as serum ferritin and TSAT

Defining iron deficiency in patients with chronic inflammatory conditions¹

Serum ferritin <100 µg/L

Serum ferritin between 100-300 µg/L

OR

AND

TSAT <20%

TSAT <20%

Available iron therapies:

Treatment with iron may increase iron levels in the body, resulting in an improvement of the patient's QoL and alleviating symptoms^{8, 11-13}



IV iron

Oral iron

For more information, visit irondeficiency.com

This infographic is based on an international expert opinion paper published in the American Journal of Hematology and written by the Iron Core Group*

*International Experts Collaboration in Making Iron Deficiency Matter. Maria Domenica Cappellini, Josep Comin-Colet, Angel de Francisco Axel Dignass, Wolfram Doehner, Carolyn SP Lam, Iain C Macdougall, Gerhard Rogler, Clara Camaschella, Rezan Kadir, Nicholas J Kassebaum, Donat R Spahn, Ali T Taher, Khalel M Musallam

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Glossary

CHF - chronic heart failure

Chronic inflammation - occurs when healthy tissue cells in the body are in a cycle of constant destruction and repair causing inflammation¹⁴

Chronic inflammatory condition - is a persistent health issue re-occurring due to a change in the type of cells present at the site of inflammation¹⁴

CKD - chronic kidney disease

Ferritin - is the name of the body's blood cell protein where iron is stored¹⁵

IBD - inflammatory bowel disease

IV (intravenous) - to administer via the vein

Micronutrient - helps the body to produce enzymes and hormones needed for optimal growth and development¹⁶

QoL - quality of life

TSAT - stands for 'Transferrin saturation' a screening test for iron deficiency or overload expressed in percentage. It is calculated by multiplying the serum iron level x 100, and dividing the result by the total iron-binding capacity¹⁷

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