

IRON DEFICIENCY AND HEART FAILURE:

Fe

A PATIENT'S GUIDE



This educational material has been co-developed by Pumping Marvellous and Pharmacosmos, with funding provided by Pharmacosmos.

**IRON WAS CREATED AT THE
BIRTH OF THE UNIVERSE**

**NO HUMAN CAN
MAKE IRON. IT IS
OBTAINED VIA DIET
OR SUPPLEMENT.**

**1 IN 2 PEOPLE WITH
HEART FAILURE ARE
IRON DEFICIENT**

WHAT IS IRON AND WHY DOES IT MATTER TO ME?

Iron is an essential mineral that plays a critical role in heart health, muscle function and exercise capacity. It's important to have the right level of iron in the body.

i. People with Heart Failure often lack iron, causing iron deficiency. People can be iron deficient, with or without anaemia, when there isn't enough iron to meet the body's needs.

ii. When you have iron deficiency, you might experience:

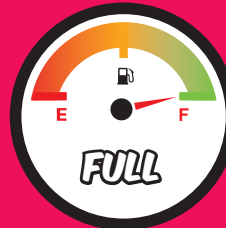
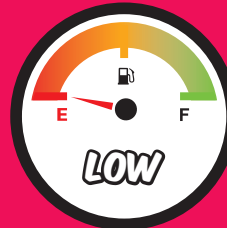
- More symptoms
- Fatigue
- Poorer quality of life
- Reduced ability to exercise

**3 THINGS YOU MAY
NOT KNOW ABOUT
IRON DEFICIENCY
AND HEART FAILURE**

**THE BODY CANNOT
MAKE IRON, IT
NEEDS TO BE
ACQUIRED**

Iron absorption in the gut
is impaired leading to
iron deficiency

ENERGY FUEL GAUGE



SYMPTOMS



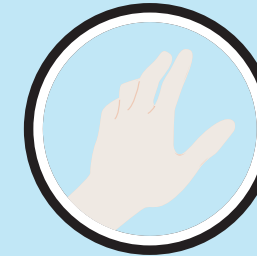
DIZZINESS



HEADACHES



CHEST PAIN



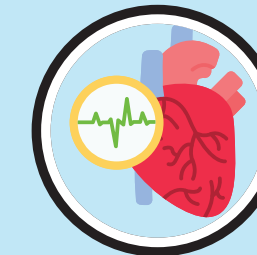
PALENESS



COLD SKIN



FATIGUE



ARRHYTHMIA



**SHORTNESS OF
BREATH**



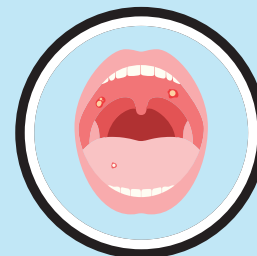
RESTLESS LEGS



CONFUSION



HAIR LOSS



MOUTH ULCERS

**WEAKNESS
FAST HEART RATE**

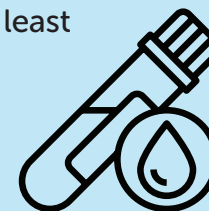
**SLOW/POOR WOUND
HEALING
COLD EXTREMITIES**

HOW DO WE TEST FOR IRON DEFICIENCY?

To test for iron deficiency, a blood test will be taken ideally as part of your regular review and should be done at least annually. To identify iron deficiency, the following blood tests should be performed at the same time:

- **HB** – haemoglobin is a protein in red blood cells that carries oxygen and carbon dioxide around the body. Normal range is more than 130 g/L for men and more than 120 g/L for women. Levels below this indicate anaemia.
- **TSAT** – the amount of iron bound to transferrin (a protein that transports iron in the blood). In Heart Failure, TSAT levels less than 20% indicate iron deficiency.
- **FERRITIN** – protein that stores iron in cells.
 - Levels 100-300 are interpreted together with TSAT. Levels shouldn't be less than 100ng/ML

You can be iron deficient without being anaemic. Clinical guidelines recommend treatment for iron deficiency in people with Heart Failure, to improve quality of life, symptom reduction and the risk of hospitalisation.



TREATMENTS FOR IRON DEFICIENCY

Most people get their iron from food such as hearty greens and red meat. However, some people with Heart Failure are unable to extract iron in this way. Current guidelines do not recommend the use of oral iron for patients with iron deficiency and Heart Failure.

An infusion of iron, given via a drip, is the recommended treatment to correct iron deficiency in people with Heart Failure.



Potential side effects of Iron deficiency medications

It is important to note that some people may experience side effects from medications.

It is important to discuss potential side effects with your Healthcare Team before commencing treatment.

You could develop iron deficiency at any time in your Heart Failure journey. If you develop any signs and symptoms, speak with your practitioner to be screened.

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Acknowledgements

Dr Fozia Ahmed

Corinne and Sarah, Patient Educators

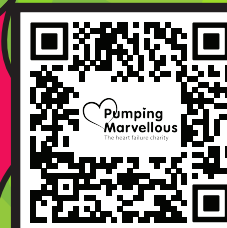
Kate Hornby, Pumping Marvellous Foundation

Nick Hartshorne-Evans, CEO and Founder

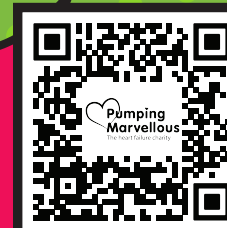
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