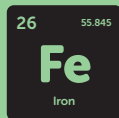
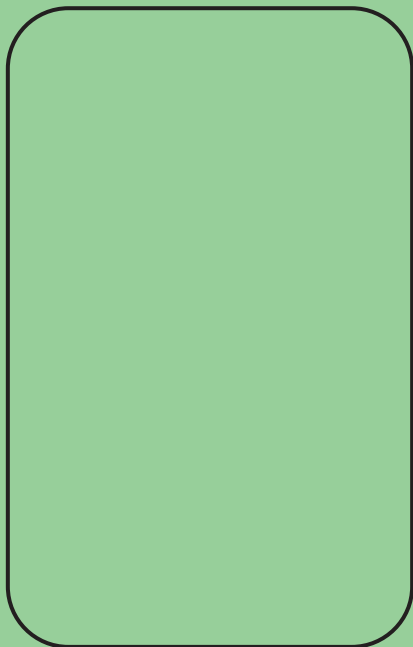


# IRON DEFICIENCY IN HEART FAILURE



**Help us make Heart Failure clearer for everyone**

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**B.E.A.T**  
HEART FAILURE TOGETHER

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

## EDUCATION

Iron deficiency is common in people with Heart Failure and can make symptoms worse. Iron helps your body make energy and carry oxygen in your blood. When you don't have enough iron, you may feel more tired, short of breath, or weak, even if your Heart Failure is well treated. Treating iron deficiency – sometimes with iron supplements or intravenous (IV) iron – can improve your energy, exercise ability, and quality of life. Your doctor may check your iron levels with a simple blood test and recommend the best treatment if needed.



## MY TEAM CONTACT DETAILS

**Carer:** \_\_\_\_\_  \_\_\_\_\_

GP: \_\_\_\_\_  \_\_\_\_\_

**Cardiologist:** \_\_\_\_\_  \_\_\_\_\_

**Heart Failure Nurse:** \_\_\_\_\_  \_\_\_\_\_

Practice Nurse: \_\_\_\_\_  \_\_\_\_\_Pharmacy: \_\_\_\_\_  \_\_\_\_\_

Other: \_\_\_\_\_  \_\_\_\_\_

Other: \_\_\_\_\_  \_\_\_\_\_

Other: \_\_\_\_\_  \_\_\_\_\_

## APPOINTMENT READINGS

[illegible]

# Contact Us



**01772 796542**



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**[hearts@pumpingmarvellous.org](mailto:hearts@pumpingmarvellous.org)**



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