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IRON DEFICIENCY AND HEART FAILURE:

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

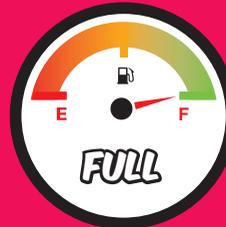
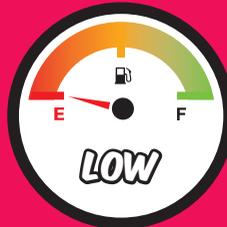
SYMPTOMS

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



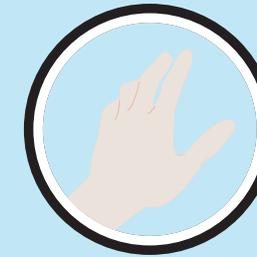
DIZZINESS



HEADACHES



CHEST PAIN



PALENESS



COLD SKIN



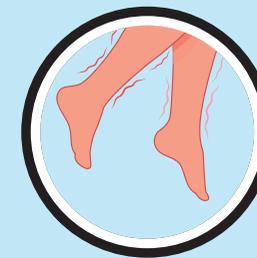
FATIGUE



ARRHYTHMIA



SHORTNESS OF BREATH



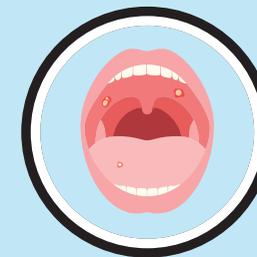
RESTLESS LEGS



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 130g/L for men and more than 120g/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.

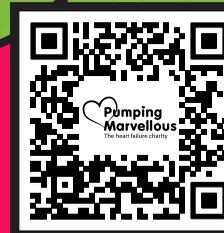
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