Causes of Iron Deficiency

1. Lack of Iron in Diet e.g. ‘Hanger and vegetarian diets’
2. Blood Loss e.g. Menstruation, peptic ulcer 
3. Malabsorption e.g. Celiac disease
4. Increased needs e.g. growth spurts and pregnancy
5. Inflammation e.g. Inflammatory bowel disease

Symptoms and Comorbidities

- Mental Fatigue
- Shortness of Breath
- Headaches
- Mouth Ulcers
- Pale Skin
- Brittle Nails
- Hair Loss
- Cold Intolerance
- Fatigue
- Increased appetite
- Mouth sores
- Loss of concentration
- Reduced physical capacity
- Affects the surface of the tongue
- Cravings to eat ice or non-food items
- A disturbing need to move legs
- Feeling physically tired
- Increased heart rate

Women Are at Greater Risk of Iron Deficiency

- Iron deficiency anaemia affects up to 33% of menstruating women in Europe.
- 50% of women do not get enough iron during pregnancy.

Chronic Conditions Increase the Risk of Iron Deficiency

- About 50% of heart failure patients have iron deficiency, with and without anaemia.
- Overall 50% of people who have had bariatric surgery are iron deficient within one year of surgery.
- Up to half of people of CKD stages 2-5 have iron deficiency.
- 10-50% of patients with cancer suffer from iron deficiency.
- 25-70% of patients with cancer suffer from iron deficiency.
- 70-80% of iron-deficient patients with and without anaemia.
- 10-70% of surgery patients suffer from iron deficiency.