

THE RISK OF Iron Deficiency

IRON DEFICIENCY IS THE MOST COMMON NUTRIENT DEFICIENCY
IN THE WORLD¹

**4 TO 5
BILLION**

Up to 4 to 5 billion people may suffer from iron deficiency.²



Although prevalences can vary across communities, iron deficiency anaemia affects approximately 15% of the world population.³

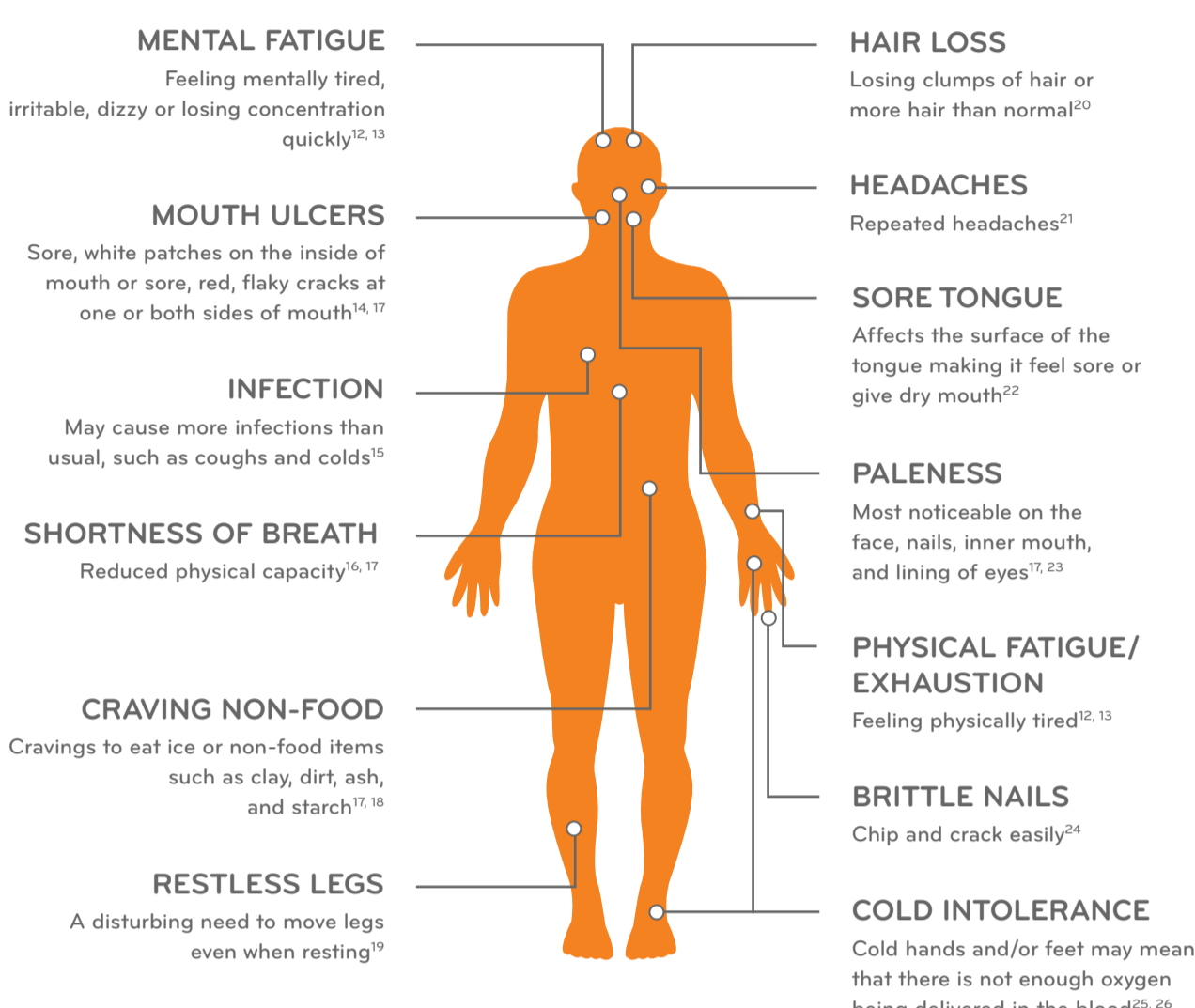
**111
MILLION**

In the high developed countries, 9.1% of the population is affected resulting in 111 million affected people.⁴

Causes of Iron Deficiency

- 1** LACK OF IRON IN DIET
e.g. Vegan and vegetarian diets⁵
- 2** BLOOD LOSS
e.g. Menstruation, peptic ulcer⁵⁻⁸
- 3** MALABSORPTION
e.g. Coeliac disease⁹
- 4** INCREASED NEEDS
e.g. Growth spurts and pregnancy¹⁰
- 5** INFLAMMATION
e.g. Inflammatory bowel disease¹¹

Symptoms and Comorbidities

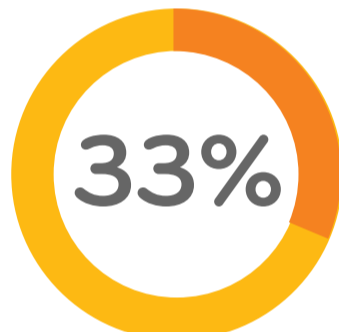


Women Are at Greater Risk of Iron Deficiency



Menstruating women are at greater risk²⁷

Iron deficiency without anaemia affects up to 33% of menstruating women in Europe²⁸



Pregnant women are at greater risk¹⁰

90% of women do not get enough iron during pregnancy²⁹



Chronic Conditions Increase the Risk of Iron Deficiency

About 50% of heart failure patients have iron deficiency, with and without anaemia.³⁰



Overall 50% of people who have had bariatric surgery are iron deficient within one year of surgery.³¹

Up to half of people of CKD stages 2-5 have iron deficiency.³²



10-15% prevalence IDA in patients with coeliac disease.³³

32-60% of patients with cancer suffer from iron deficiency.³⁴



36-76% of people with IBD experience iron deficiency with and without anaemia.³⁵

1 in 10 women suffer from heavy menstrual bleeding.⁶



Up to 76% of surgery patients suffer from anaemia.³⁶

1. World Health Organization (WHO) Micronutrient deficiencies: Iron deficiency anaemia. Available at <http://www.who.int/nutrition/topics/ida/en/>. Last accessed: 10 November 2014 2. Unicef http://www.unicef.org/nutrition/23964_iron.html Last accessed: 10 November 2014 3. Vos T Years lived with disability (YLDs) for 1160 sequelae of 289 diseases and injuries 1990–2010: a systematic analysis for the Global Burden of Disease Study 2010 Lancet. 2012 Dec 15;380(9859):2163–96. doi:10.1016/S0140-6736(12)61729-4. McLean E, Cogswell M, Egli I, Wojdyla D, de Benoist B. Worldwide prevalence of anaemia, WHO Vitamin and Mineral Nutrition Information System, 1993–2005. Public Health Nutr. 2009;12(4):444–54. doi:10.1017/S1368980008002401. 5. Waldmann A, Koschizke JW, Leitzmann C, Hahn A. Dietary iron intake and iron status of German female vegans: results of the German vegan study. Ann Nutr Metab. 2004;48(2):103–8. doi:10.1159/000077045. 6. Liu Z, Doan Q V, Blumenthal P, Dubois RW. 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Maltofer is for the treatment of iron deficiency and prevention of iron deficiency in high risk adults and adolescents where the use of ferrous iron supplements is not tolerated, or otherwise inappropriate.

Always read the label. Use only as directed. Incorrect use could be harmful. If symptoms persist, see your healthcare professional.

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