

SYMPTOM BROWSER

FOR

Iron Deficiency

Iron is an essential nutrient for your body, which you get from your food. It is needed for your mental and physical health and to keep your energy levels up.^{1,2} Sometimes your body's demands for iron can outstrip supply, and this can lead to iron deficiency. Iron deficiency causes many symptoms including fatigue, dizziness, and shortness of breath.^{3,4}

IF YOU ARE EXPERIENCING SYMPTOMS IT IS IMPORTANT THAT YOU
TALK TO YOUR DOCTOR.

MENTAL FATIGUE

Feeling mentally tired, irritable, dizzy or losing concentration quickly^{5,6}

MOUTH ULCERS

Sore, white patches on the inside of mouth or sore, red, flaky cracks at one or both sides of mouth⁷

INFECTION

May cause more infections than usual, such as coughs and colds⁸

SHORTNESS OF BREATH

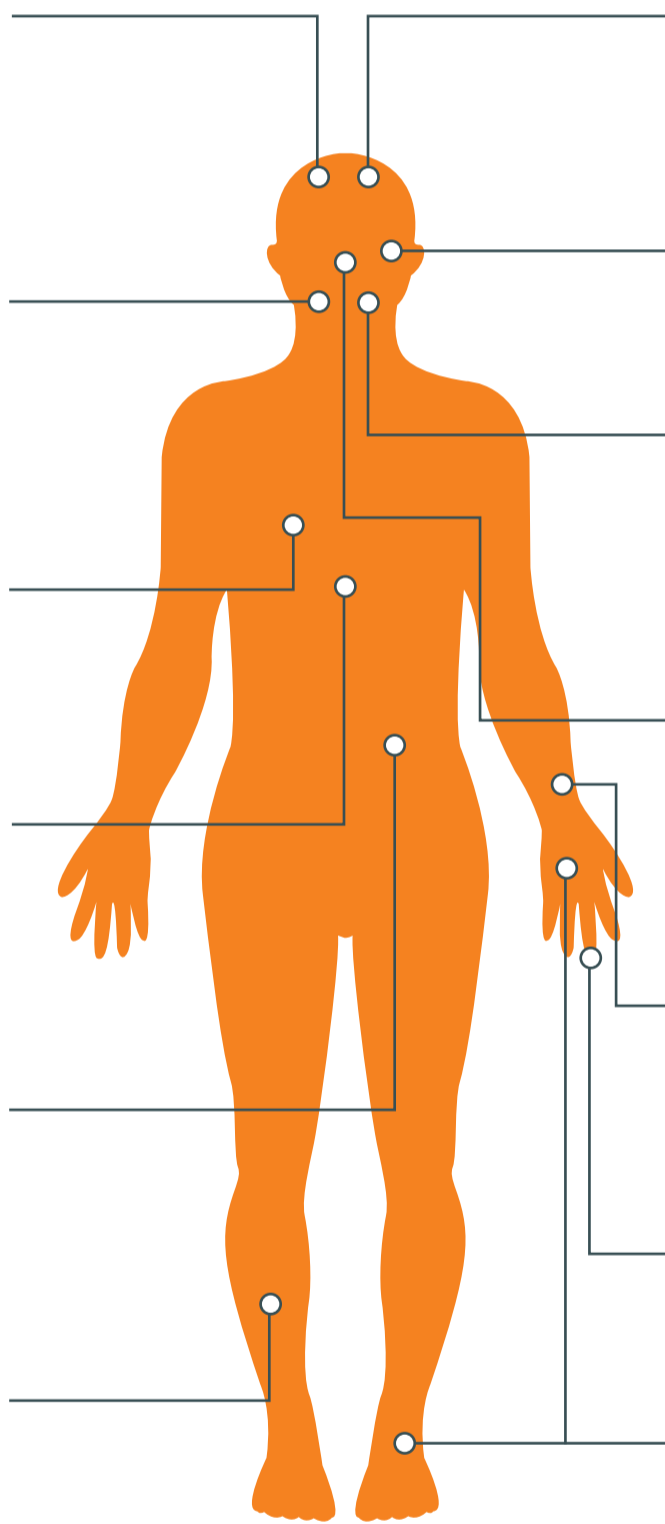
Reduced physical capacity^{3,9}

CRAVING NON-FOOD

Cravings to eat ice or non-food items such as clay, dirt, ash, and starch^{3,10}

RESTLESS LEGS

A disturbing need to move legs even when resting¹¹



HAIR LOSS

Losing clumps of hair or more hair than normal¹²

HEADACHES

Repeated headaches¹³

SORE TONGUE

Affects the surface of the tongue making it feel sore or give dry mouth¹⁴

PALENESS

Most noticeable on the face, nails, inner mouth, and lining of eyes¹⁵

PHYSICAL FATIGUE/ EXHAUSTION

Feeling physically tired^{5,6}

BRITTLE NAILS

Chip and crack easily¹⁶

COLD INTOLERANCE

Cold hands and/or feet may mean that there is not enough oxygen being delivered in the blood^{17,18}

1. WHO Preventing and controlling iron deficiency anaemia through primary health care - A guide for health administrators and programme managers 2005 2. Haas JD, Brownlie IV T. Iron Deficiency and Reduced Work Capacity: A Critical Review of the Research to Determine a Causal Relationship. J Nutr. 2001;131(2):676S-690S. 3. Clark SF Iron deficiency anemia. Nutr Clin Pract. 2008 Apr-May;23(2):128-41. doi: 4. Patterson AJ, Brown WJ, Powers JR, Roberts DCK Iron deficiency, general health and fatigue: Results from the Australian Longitudinal Study on Women's Health Quality of Life Research 2000 9: 491±497 1177/0884533608314536. 5. Favrat B, Balck K, Breyman C, Hedenus M, Keller T, et al. Evaluation of a Single Dose of Ferric Carboxymaltose in Fatigued, Iron-Deficient Women - PREFER a Randomized, Placebo-Controlled Study. PLoS ONE 2014 9(4): e94217. doi:10.1371/journal.pone.0094217 6. Patterson AJ, Brown WJ, Powers JR, Roberts DCK Iron deficiency, general health and fatigue: Results from the Australian Longitudinal Study on Women's Health Quality of Life Research 2000 9: 491±497 7. Scully C. ABC of oral health: Mouth ulcers and other causes of orofacial soreness and pain. BMJ 2000;321(7254):162-165. doi:10.1136/bmj.321.7254.162. 8. Dhur A, Galan P, Hercberg S Comparative Biochemistry and Physiology Part A: Physiology Volume 94, Issue 1, 1989, Pages 11-19 DOI: 10.1016/0300-9629(89)90776-7 9. McDermid J, Lönnnerdal B. Iron. Adv Nutr. 2012;(1):532-533. doi:10.3945/an.112.002261 10. Lacey EP. Broadening the perspective of pica: literature review. Public Health Rep. 1990;105(1):29-35. 11. Sun ER, Chen CA, Ho G, Earley CJ, Allen RP. Iron and The Restless Legs Syndrome. Sleep. 1998;21(4):381-387. 12. Trost LB, Bergfeld WF, Calogeras E. The diagnosis and treatment of iron deficiency and its potential relationship to hair loss. J Am Acad Dermatol. 2006;54(5):824-44. 13. Huch R, Schaefer R Iron deficiency and iron deficiency anemia 2006 Georg Thieme Verlag 14. Osaki T, Ueta E, Arisawa K, Kitamura Y, Matsugi N. The pathophysiology of glossal pain in patients with iron deficiency and anemia. Am J Med Sci. 1999;318(5):324-9. 15. Stoltzfus R, Edward-Raj A. Clinical pallor is useful to detect severe anemia in populations where anemia is prevalent and severe. J Nutr. 1999;129(May):1675-1681. 16. Cashman MW Sloan SB Nutrition and nail disease Clinics in Dermatology (2010) 28, 420-425 17. Miller JL Iron deficiency anemia: a common and curable disease Cold Spring Harb Perspect Med. 2013 Jul 1;3(7). pii: a011866. doi: 10.1101/cshperspect.a011866. 18. World Health Organization. Iron deficiency anaemia. Assessment, prevention and control: A guide for programme managers; 2001:1-114. Last updated: 25. November, 2014

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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