

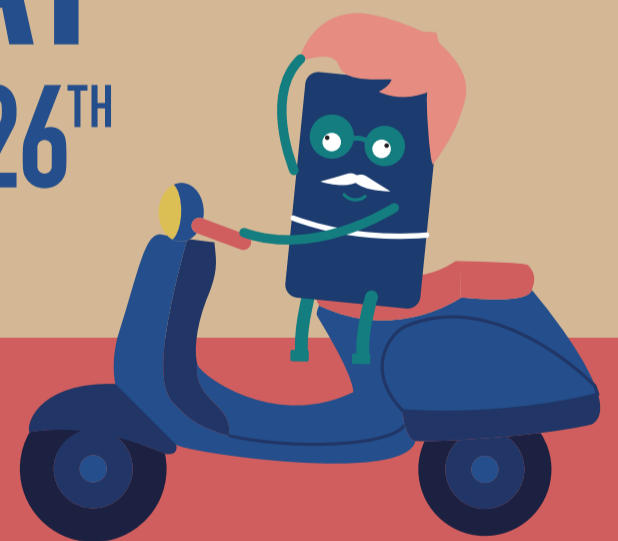
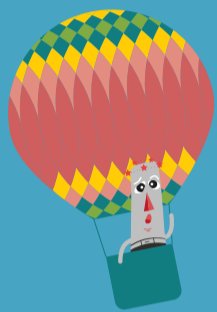
SYMPTOM CHECKLIST

RAISING AWARENESS
AROUND THE WORLD

IRON

DEFICIENCY DAY

NOVEMBER 26TH



Recognising the symptoms of iron deficiency and iron deficiency anaemia is often the biggest hurdle to getting a diagnosis. The symptoms can manifest in different ways, they are hard to pinpoint and can be associated with a number of other health conditions.^{1,2}

If you are concerned about iron deficiency, use this checklist to identify any of the symptoms you may have and take along to your healthcare professional to discuss further.

IRON DEFICIENCY DAY SYMPTOM CHECKLIST

■ Symptoms that slow you down ■ Symptoms you can feel ■ Symptoms you can see




Feeling worn out

Feeling permanently exhausted or extremely tired is often referred to as fatigue – one of the most common symptoms of iron deficiency. If you feel drained or have little energy or enthusiasm to complete daily tasks, you could be iron deficient.^{2,3,4}




Mentally tired

Extreme tiredness can affect more than just the body – you can suffer from mental fatigue too. If you are finding it hard to focus or manage your mood, it could mean that you are iron deficient.⁹



Hearing loss

There are many reasons why you might suddenly struggle to hear properly and it is important you get a proper diagnosis but it could be associated with iron deficiency anaemia.⁵




Loss of hair

If you are losing clumps of hair or more hair than normal, it could be an indication of iron deficiency.^{2,6}



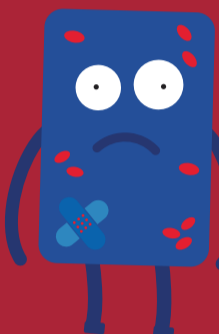
Oddly shaped nails

If you have nails with abnormalities in colour, shape or texture, it could be because of a lack of iron. In particular, nails that are dipped in the middle and raised at the edges to give a rounded appearance like a spoon.^{2,7}



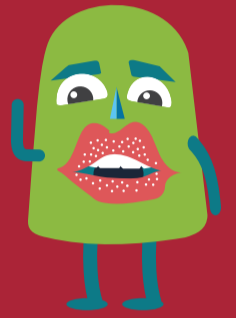
Paleness

Iron deficiency can make you look pale. This is more noticeable on your face, nails, inner mouth and lining of your eyes. If you pull your lower eyelid down and it is a very pale peach colour or yellow, this may indicate that you have iron deficiency anaemia.²




Bruising easily

Bruising easily has long been associated with iron deficiency.⁸




Mouth ulcers

Mouth ulcers (sore white patches on the inside of your mouth) can occur for many reasons but, in some cases, mouth ulcers can also develop due to iron deficiency.⁹



Irritability

Exhaustion, mood swings and an inability to concentrate can cause frustration. If you feel that you are easily irritated, it may be a sign of iron deficiency.^{3,10}



Losing memory

Are you forgetting little things more frequently? Talk to your doctor about what could be causing your short-term memory loss; it may be because of iron deficiency.⁹




Crazy cravings

If you regularly feel like eating non-food items like clay, dirt, ash and starch, it is important not to give in to your cravings and seek medical advice.^{2,11}




Chewing ice

One of the most common symptoms of iron deficiency is the desire to eat or chew ice. Regularly chewing ice can damage the teeth and the gums, so it is important to seek treatment.^{2,10}



Restless legs syndrome

If you feel the need to move your legs to get rid of uncomfortable or strange sensations while resting, you may have restless legs syndrome. The feelings are sometimes described as itching, burning or crawling and can often affect your sleep.^{2,12}



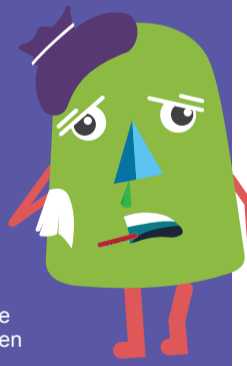
Feeling cold

If you find yourself struggling to keep warm or your hands and feet get cold easily, you may have iron deficiency.¹³



Breathlessness

If you find you can't exercise as much as you would like, or you get out of breath doing simple things like walking up the stairs, you may be iron deficient.¹⁴



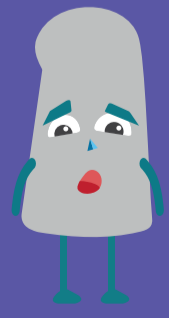
Prone to infections

If your body doesn't have enough iron available then you may become prone to recurrent infections like common colds.¹⁵



Headaches

If you are getting more headaches or they are becoming more severe you should speak to your doctor to check your iron levels.^{3,16}



Sexual function

A lack of iron can lead to a low sexual libido and erectile dysfunction. You should talk to a healthcare professional, if you are experiencing either.²

If you recognise one or more of these symptoms in yourself, you should visit a healthcare professional to have them check your iron levels and investigate further. There are simple tests to find out what's wrong and help you to manage your iron levels.

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