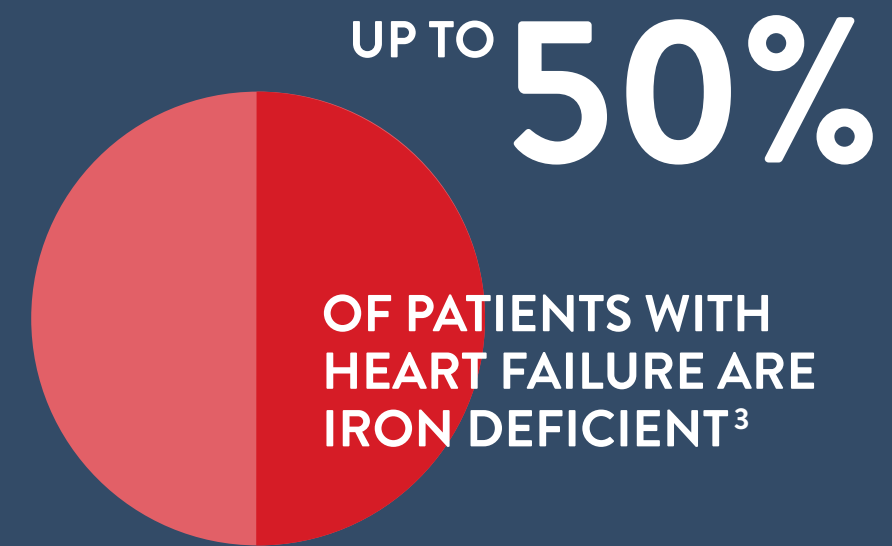


USE TO TAKE IRON SERIOUSLY

DON'T FORGET TO CHECK IRON STATUS IN YOUR HEART FAILURE PATIENTS



IRON IS **ESSENTIAL** FOR ENERGY PRODUCTION IN THE HEART^{1,2}



PEOPLE SUFFERING FROM BOTH HEART FAILURE AND IRON DEFICIENCY HAVE THEIR QUALITY OF LIFE REDUCED BY **19%**^{4*}

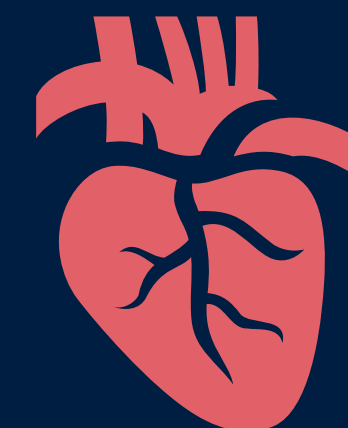
* COMPARED WITH HEART FAILURE PATIENTS WHO ARE NOT IRON DEFICIENT



IN 2021, THE EUROPEAN SOCIETY OF CARDIOLOGY (ESC) GUIDELINES FOR THE DIAGNOSIS AND TREATMENT OF ACUTE AND CHRONIC HEART FAILURE WERE UPDATED⁵



RECOMMENDATIONS FOR THE MANAGEMENT OF PATIENTS WITH HEART FAILURE AND IRON DEFICIENCY:⁵



All patients with HF should be periodically screened for anaemia and iron deficiency with a full blood count, serum ferritin concentration and transferrin saturation (TSAT)⁵

Recommendation – Class I;
Level of evidence: C⁵

RECOMMENDED DIAGNOSTIC TESTS IN ALL PATIENTS WITH SUSPECTED CHRONIC HEART FAILURE:⁵



Routine blood tests for comorbidities, including full blood count, urea and electrolytes, thyroid function, fasting glucose and glycated haemoglobin (HbA1c), lipids, iron status TSAT and ferritin)⁵

Recommendation – Class I;
Level of evidence: C⁵



When is a good time to screen for iron deficiency?

Iron Deficiency Awareness Day is on **26 NOVEMBER**

This makes November the perfect month to screen your heart failure patients for iron deficiency