



Loss of sex drive, Loss of body hair,
Heart flutter, Foggy memory
Sometimes people don't get any symptoms of
hemochromatosis until other problems arise.

These may include:

Liver problems, including cirrhosis (scarring) of
the liver, Diabetes, Abnormal heartbeat,
Arthritis, Erectile dysfunction
(trouble having an erection)
taking a lot of vitamin C or eat a lot of foods
that contain it, can make hemochromatosis
worse. That's because vitamin C helps
the body absorb iron from food.

► Diagnosis

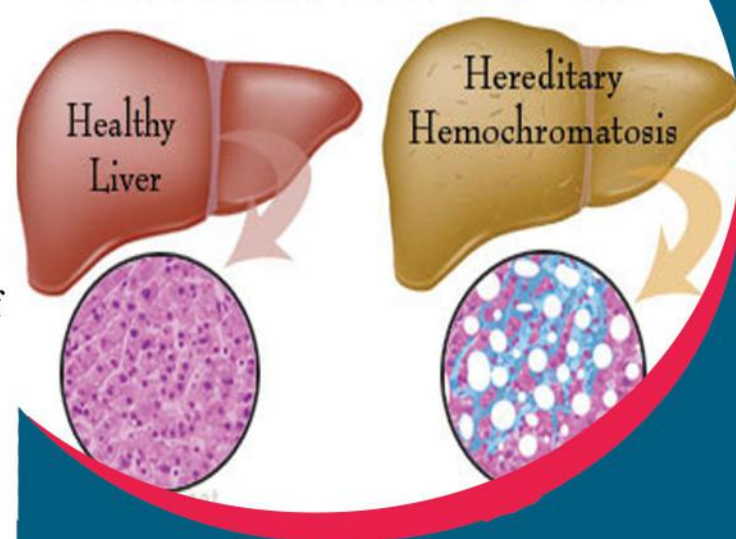
Doctors usually diagnose hemochromatosis
based on blood test results, but they may first
suspect hemochromatosis based on:

Medical and family history, Physical exam,
Blood tests, Liver biopsy

► Treatment

In primary hemochromatosis, doctors treat it by
removing blood from the body regularly. It's a
lot like donating blood. the doctor will insert a
needle into a vein in the arm or leg. The blood
flows through the needle and into a tube that's
attached to a bag. The goal is to remove some
of the blood so that iron levels return to normal.
Blood removal is divided into two parts: initial
treatment and maintenance treatment.

5 Initial treatment. patient visits to doctor's



office or a hospital once or twice a week to
have their blood drawn. the patient may
have up to a pint taken at a time.

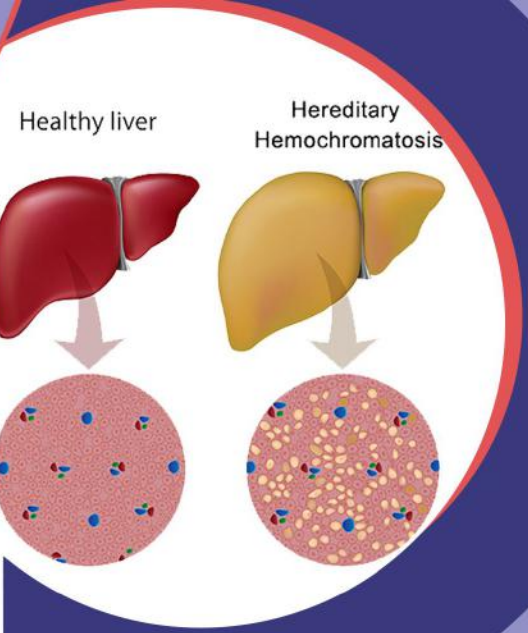
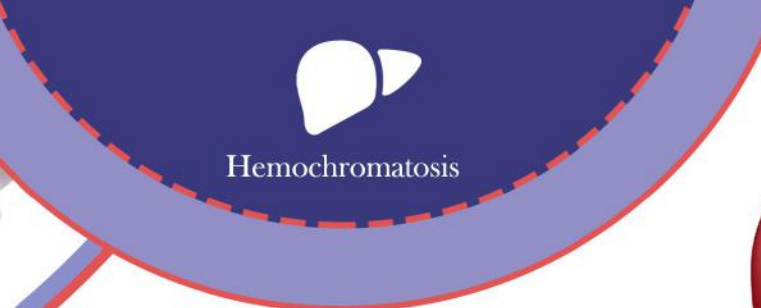
Maintenance treatment. Once a
patient's blood iron levels have gone back to
normal, he/she still has to have blood taken, but
not as often. It'll be based on how fast iron
builds back up in their body.

Diet recommended

► It's recommended to avoid:
raw or undercooked shellfish, which can cause
a serious infection in people with liver disease,
supplements that contain iron, supplements
that contain vitamin C, which can
increase the body's absorption of iron
medicines, such as herbal or botanical
medicines. Dietary and herbal supplements are
usually safe, but some may contain high levels
of iron or unsafe chemical or herbal products.

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Hemochromatosis is a disorder where too much iron builds up in the body. Sometimes it's called "iron overload."

Normally, intestines absorb just the right amount of iron from the foods eaten. But in hemochromatosis, the body absorbs too much, and it has no way to get rid of it. So, the body stores the excess iron in the joints and organs like the liver, heart, and pancreas. This damages them. If it's not treated, hemochromatosis can make your organs stop working.

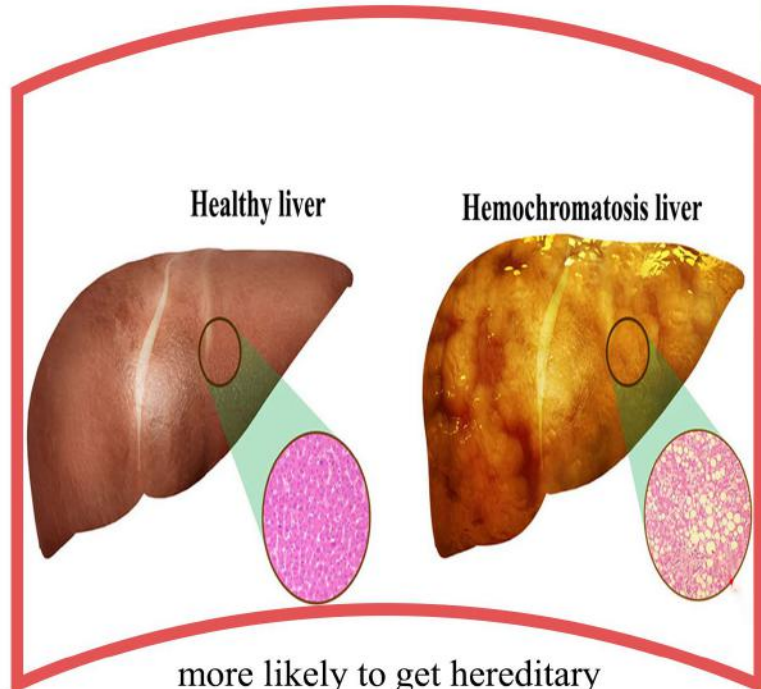
There are two types of this condition: primary and secondary.

► **causes**

► **Primary hemochromatosis** is hereditary, meaning it runs in families. If there are two of the genes that cause it, one from mother and

one from father, there will be a higher risk of getting the disorder

► **Secondary hemochromatosis** happens because of other conditions. These include:
Certain kinds of anemia, Liver disease, Getting a lot of blood transfusions
White people of northern European descent are



more likely to get hereditary hemochromatosis. Men are 5 times more likely to get it than women.

► **Sign and Symptoms**

Up to half of the people who have hemochromatosis don't get any symptoms. In men, symptoms tend to show up between ages 30 and 50. Women often don't show signs of this condition until they're over 50 or past menopause. That may be because they lose iron when they get their periods and give birth. **Symptoms of hemochromatosis include:** Pain in joints(especially knuckles), Feeling tired, Unexplained weight loss, Skin that has a bronze or gray color, Pain in belly,