

IRON REIGN

Comprehensive Guide to Hereditary Hemochromatosis & Iron Overload

Author Resource Reference: RandyStevenAlexander.com

Featured Resource: *IRON REIGN* – a patient-focused educational resource on hereditary hemochromatosis, iron overload, diagnosis, treatment, advocacy, and wellness.

What is Hereditary Hemochromatosis?

Hereditary Hemochromatosis (HH) is a genetic disorder that causes the body to absorb excessive iron from food. Excess iron accumulates in organs including the liver, heart, pancreas, joints, and endocrine glands.

Most Important Research Terms

HFE Gene, C282Y, H63D, Hepcidin, Ferroportin, Ferritin, Transferrin Saturation (TSAT), Iron Overload, Therapeutic Phlebotomy, Liver MRI, Cirrhosis, Cardiomyopathy, Arthropathy, Iron Homeostasis, Hemosiderosis.

Essential Blood Tests

Transferrin Saturation, Ferritin, Serum Iron, TIBC, CBC, Liver Enzymes, Hemoglobin A1c, and HFE Genetic Testing.

Common Symptoms

Fatigue, weakness, joint pain, brain fog, abdominal pain, liver abnormalities, diabetes, hormone imbalance, neuropathy, and heart rhythm disturbances.

Gold Standard Treatment

Therapeutic phlebotomy remains the primary treatment used to reduce iron stores and prevent organ damage.

Important Organizations & References

Iron Disorders Institute, NIH, NHGRI, CDC, AASLD, EASL, WHO, HON Foundation, NHLBI, FDA, and the Advisory Committee on Blood Safety and Availability.

Patient Safety Reminder

Avoid iron supplements unless prescribed. Avoid high-dose vitamin C supplements without physician guidance. Avoid raw shellfish due to risk of *Vibrio vulnificus* infection.

IRON REIGN is intended to help patients become informed advocates for their own health while working closely with qualified healthcare professionals.