



IRON REIGN

Expanded Meanings & Definitions Handbook

Comprehensive patient reference guide for hereditary hemochromatosis, iron overload, therapeutic phlebotomy, testing, symptoms, and advocacy.

Acquired Iron Overload

Iron overload caused by factors other than inherited genetics.

ALT

A liver enzyme used to evaluate liver inflammation.

AST

A liver enzyme often measured with ALT.

Arthropathy

Joint damage associated with iron overload.

Balance Disorder

Difficulty maintaining stability while standing or walking.

Brain Fog

Problems with memory, focus, or concentration.

Cardiac MRI

MRI study used to evaluate heart structure and iron levels.

Cardiologist

Physician specializing in heart disease.

Cardiomyopathy

Disease of the heart muscle.

CBC

Complete Blood Count.

C282Y Mutation

Most common HFE mutation associated with hereditary hemochromatosis.

Chelation Therapy

Medication used to remove excess iron.

Cirrhosis

Permanent scarring of the liver.

Compound Heterozygous

Having two different HFE mutations such as C282Y/H63D.

Diabetes

Disease affecting blood sugar regulation.

Endocrinologist

Physician specializing in hormone disorders.

Ferritin

Protein that stores iron; used to estimate iron burden.

Fibrosis

Early-stage scarring of the liver.

Gastroenterologist

Physician specializing in digestive disorders.

Genetic Testing

Testing used to identify inherited mutations.

Hematocrit

Percentage of blood composed of red blood cells.

Hematologist

Physician specializing in blood disorders.

Hemochromatosis

Condition causing excessive iron absorption.

Hemoglobin

Oxygen-carrying protein in red blood cells.

Hepcidin

Primary hormone regulating iron absorption.

Hepatologist

Liver disease specialist.

HFE Gene

Gene most commonly associated with hereditary hemochromatosis.

H63D Mutation

Common HFE mutation affecting iron regulation.

Homozygous

Having two identical gene mutations.

Iron Absorption

Process of absorbing iron from food.

Iron Overload

Excess iron accumulation in tissues and organs.

Iron Panel

Group of blood tests evaluating iron status.

Joint Pain

Common symptom of iron overload.

Liver Enzymes

Blood tests used to evaluate liver health.

Maintenance Phlebotomy

Ongoing blood removal to maintain safe iron levels.

MRI Iron Quantification

Specialized MRI measuring organ iron concentration.

Neurologist

Physician specializing in nervous system disorders.

Neuropathy

Nerve damage causing numbness, tingling, or pain.

Non-Heme Iron

Iron from plant-based foods.

Osteoporosis

Loss of bone density.

Peripheral Neuropathy

Damage to nerves outside the brain and spinal cord.

Phlebotomy

Removal of blood from the body.

Primary Care Physician

Doctor coordinating overall healthcare.

Restless Legs Syndrome

Urge to move legs, often during rest.

Rheumatologist

Physician specializing in joints and autoimmune diseases.

Screening

Testing before symptoms appear.

Self-Advocacy

Taking an active role in healthcare decisions.

Serum Iron

Amount of circulating iron in blood.

Therapeutic Phlebotomy

Primary treatment for hereditary hemochromatosis.

Thyroid Panel

Blood tests evaluating thyroid function.

Total Iron Binding Capacity

Test measuring blood's ability to transport iron.

Transferrin

Protein that transports iron in the bloodstream.

Transferrin Saturation

Percentage of transferrin occupied by iron.

Venipuncture

Insertion of a needle into a vein.

Vitamin C

Nutrient that increases iron absorption.

Wellness

The pursuit of improved health and quality of life.

Research Support Advocacy (RSA)

Educational and advocacy initiative supporting patients.

RSA Patient Reminder

Track your ferritin and transferrin saturation. Keep a journal. Request copies of your laboratory results. Learn your numbers. Ask questions. Seek second opinions when needed. You are the most important member of your healthcare team.