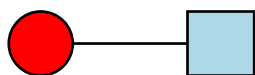


IRON REIGN

Symptom-to-Test Quick Reference Guide



This educational guide helps patients understand common hereditary hemochromatosis symptoms and the medical tests they may wish to discuss with their healthcare providers. Always consult your physician regarding diagnosis and treatment.

Fatigue / Extreme Tiredness

Possible tests: Ferritin, Transferrin Saturation, CBC, Hemoglobin, Hematocrit, Thyroid Panel, CMP, A1C.

Joint Pain

Possible tests: Ferritin, Transferrin Saturation, CRP, ESR, X-Ray, MRI.

Brain Fog & Memory Problems

Possible tests: Ferritin, CBC, Thyroid Panel, Vitamin B12, Vitamin D.

Neuropathy, Tingling, Numbness

Possible tests: Ferritin, Vitamin B12, A1C, Nerve Conduction Study, Neurology Consultation.

Balance Problems & Leg Weakness

Possible tests: MRI Spine, Neurological Evaluation, Vitamin B12, Physical Therapy Assessment.

Heart Symptoms

Possible tests: EKG, Echocardiogram, Cardiac MRI, Ferritin, Cardiology Consultation.

Liver Concerns

Possible tests: ALT, AST, GGT, Bilirubin, Liver Ultrasound, MRI, FibroScan.

Possible Hemochromatosis Screening

Discuss Ferritin, Iron Panel, Transferrin Saturation, HFE Genetic Testing, CBC and CMP.

RSA Patient Advocacy Reminder

Knowledge is Power.

Track Your Numbers.

Keep a Journal.

Request Copies of Your Lab Results.

Ask Questions.

You Are the Most Important Member of Your Healthcare Team.