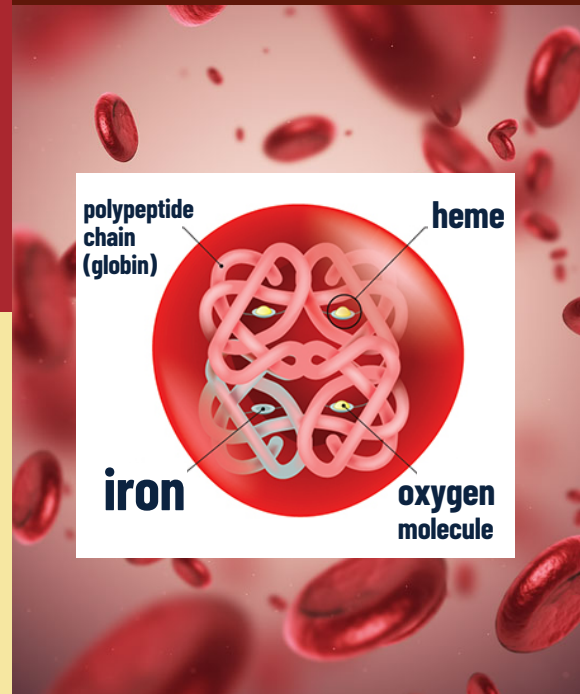




IRON and your body

What is iron, and why is it important?

- Iron is a **mineral** important to all body cells.
- It is particularly important for blood cells because iron is needed to make **hemoglobin**.
- Hemoglobin is the protein in **red blood cells** that **carries oxygen to body tissues**



Symptoms of iron deficiency:

- Extreme **fatigue**
- **Weakness**
- **Pale** skin
- **Chest pain, fast heartbeat or shortness of breath**
- **Headache, dizziness or lightheadedness**
- **Cold** hands and feet
- Inflammation or soreness of your tongue
- Brittle nails
- **Unusual cravings** for non-nutritive substances, such as ice, dirt or starch
- **Poor appetite**, especially in infants and children with iron deficiency anemia

How much iron do I need per day?

- **Women** of child bearing age need **at least 15mg.**
- **Men** over 18 years of age need **10mg.**

Do I need to take an iron supplement?

- **If your provider recommends an iron supplement**, then yes, take it. Keep in mind, it may cause constipation.
- Unnecessary supplements may cause unwanted **side effects** (iron causes **constipation**), or harm your body.
- If you do not have the listed symptoms and your provider has not recommended a supplement, you may already be getting enough **iron in your diet.**
- The healthiest **foods that are high in iron:**
 - Peas and Beans
 - Dark green leafy vegetables, such as spinach
 - Dried fruit, such as raisins and apricots
 - Iron-fortified cereals, breads and pastas

If you experience any of the symptoms listed, please **call UHS** to schedule an appointment for evaluation.

Check out the latest updates and details from **the Mayo Clinic:**



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