

# HFE

Hereditary  
Hemochromatosis  
an iron storage  
disorder (also called  
iron overload disease or  
too much iron in the body)

What to do next....



**Iron Disorders Institute**  
*Advancing cures for Iron-Out-of-Balance™*

***Mission:***

Iron Disorders Institute (IDI) exists so that people with iron disorders receive an early, accurate diagnosis, appropriate treatment and are equipped to live healthy lives.

***For more information about iron:***

**Books:**

*Guide to Hemochromatosis*  
*Guide to Anemia*  
*Exposing The Hidden Dangers of Iron*  
*The Hemochromatosis Cookbook*  
*Handbook of Iron Overload Disorders*

**Newsletter:**

*IRON NEWS* for patients

**At-a-Glance Desk Reference Charts  
for Physicians:**

*Hereditary Hemochromatosis*  
*Iron Overload with Anemia*

**Web sites:** [www.irondisorders.org](http://www.irondisorders.org)  
[www.hemochromatosis.org](http://www.hemochromatosis.org)

***Contact us:***

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# Do You Suffer from

- chronic fatigue • joint pain (bone and joint disease) • diabetes mellitus • irregular heart beat • family history of early death by heart failure • cirrhosis
- liver cancer • weight changes
- skin color changes • hypothyroidism • infertility • impotence
- hypogonadism • depression

# You

may be one of the millions with...

Follow these

# 5 simple steps...

**1** Take this pamphlet to your doctor.

**2** Ask for these tests:

**fasting serum iron** (*nothing by mouth after midnight except water or prescription medications*)

**TIBC (total iron binding capacity)** *Fasting serum iron & TIBC* are used to determine the transferrin-iron saturation percentage (TS%).

**serum ferritin (SF)**

**hemoglobin (Hgb)**

**3** Request a copy of the results.

More than one million<sup>1</sup> Americans have the genetic makeup for the classic type of hemochromatosis. As many as 11 million<sup>1</sup> Americans may have some other type of hemochromatosis. Of those who are suffering the signs or symptoms of too much iron, most are not aware that iron reduction could give them relief or even save their life!

**4** Compare your results with the recommended ranges of Iron Disorders Institute (IDI).

## RESULTS:

*Normal Ranges For Adults*

- **TS%: 25-35%**
- **SF: 50-100ng/mL\*\***
- **Hgb: men: >13.5 g/dL\*\*\***  
**women >12.0 g/dL\*\*\***

\*\* Recommended ideal range for adults—Iron Disorders Institute Scientific & Medical Advisory Board 2017  
\*\*\*based primarily on Caucasian population; note: blacks and other ethnicities may tolerate lower levels and be at increased risk for stroke when at the top end of 'normal' range used by most labs.

**Classic hemochromatosis iron panel results include an elevated serum ferritin with an elevated TS%.** Serum ferritin above 1,000ng/mL is critical. If the TS% is also elevated, iron reduction should be started promptly to lower the risk of irreversible organ damage.

Visit our websites to learn more about the combinations of results for serum ferritin and TS%:

- classic iron overload
- dysmetabolic iron overload
- iron avidity
- iron deficiency with or without anemia
- anemia of inflammatory response
- juvenile hemochromatosis

<sup>1</sup>Classic type of Hemochromatosis. As many as 11 million Americans may have some type of hemochromatosis. SOURCE: Steinberg KK, Cogswell ME, Chang JC, Caudill SP, McQuillan GM, Bowman BA, Grummer-Strawn LM, Sampson EJ, Khoury MJ, Gallagher ML. *JAMA*. 2001 May 2;285(17):2216-22. "Prevalence of C282Y and H63D mutations in the hemochromatosis (HFE) gene in the United States."

**5** If your iron levels are elevated, you may have hereditary hemochromatosis.

**Hereditary hemochromatosis can be diagnosed with a genetic test.** The classic type of HHC results from mutations of the *HFE* gene. Key mutations are C282Y, H63D and S65C. Individuals can have one copy (**heterozygote or carrier**), two copies of the same mutation (**homozygote**) or two copies of different mutations (**compound heterozygote**). Genetic information does not reveal excess iron, but only the potential (risk) to do so.

*If the genetic test is positive:*

Download a copy of the Iron Disorders Institute Hemochromatosis Diagnosis Algorithm & Clinical Evaluation and Management Protocol for your health-care provider.

[www.irondisorders.org](http://www.irondisorders.org)  
[www.hemochromatosis.org](http://www.hemochromatosis.org)

**Iron tests are not part of a routine blood panel. You must ask for them.**