

Iron Deficiency / Iron Deficiency Anemia Symptoms Checker For Adults

Print this sheet, and take to your Health Care Provider

Symptoms of iron deficiency are varied and depend upon an individual's contributing factors. In many instances of iron deficiency and iron deficiency anaemia, patients suffer from one or more of the symptoms and/or belong to one or more of the at-risk groups detailed below.

Please identify the symptoms you are experiencing:

- Chronic fatigue
- Irritability or emotional mood swings
- Difficulty concentrating
- Insomnia
- General weakness
- Quick tiring
- Trembling
- Pale skin
- Decreased appetite
- Headaches
- Low exercise tolerance
- Pronounced lack of energy
- Thin and fragile fingernails, have become pale or changed shape (ie. spoon shaped)
- Inflamed tongue (smooth), cheeks, gums, lips, or roof/floor of mouth
- Hair loss or hair has become brittle, weak and dull
- Pica: cravings to eat ice, dirt or paper (or other non-food items)

Please identify if you are in any of the following at-risk groups:

- Menorrhagia (heavy menstruation)
- Pregnant
- Vegan/Vegetarian
- Diet does not contain a lot of red meat
- Chronic Kidney Disease
- Gastrointestinal disorder
- Celiac disease
- Frequent blood donor

Resources:

WHO guidelines - www.who.int/topics/anaemia
List of iron-rich foods - www.dietitians.ca/Downloads/Factsheets/Food-Sources-of-Iron.aspx
Online Iron Resource - www.theironmaiden.ca

AN IMPORTANT NOTE:

If you are experiencing common symptoms AND/OR belong to one or more at-risk groups, please consult your Health Care Provider