THE RISK of Iron Deficiency

IRON DEFICIENCY IS THE MOST COMMON NUTRIENT DEFICIENCY IN THE WORLD

4 TO 5 BILLION

Up to 4 to 5 billion people may suffer from iron deficiency.3

Although prevalence can vary across communities, iron deficiency anaemia affects approximately 5% of the world population.4

111 MILLION

In the high developed countries, 9% of the population is affected resulting in 101 million affected people.5

Causes of Iron Deficiency

1. Lack of Iron in Diet
   - e.g. Vegan and vegetarian diet
2. Blood Loss
   - e.g. Menstrual cycle, peptic ulcer6
3. Malabsorption
   - e.g. Coeliac disease
4. Increased Needs
   - e.g. Growth spurts in infancy or adolescence,
5. Inflammation
   - e.g. Inflammatory bowel diseases

Symptoms and Comorbidities

- MINERAL PATIENCE
  - e.g. Fatigue, difficulty with concentration during mental tasks
- WEAKNESS
  - e.g. Fatigue, difficulty in performing activities of daily living
- SORE MOUTH
  - e.g. Tongue making it feel sore
- HAIR LOSS
  - e.g. Hair loss, decreased hair growth, premature graying
- HEADACHES
  - e.g. Migraines, dull headaches
- BODY TEMPERATURE
  - e.g. Cold intolerance

Women Are at Greater Risk of Iron Deficiency

- Iron deficiency without anaemia affects up to 33% of menstruating women in Europe6

Chronic Conditions Increase the Risk of Iron Deficiency

- About 50% of adult females have iron deficiency with and without anaemia.5

- Up to half of people with CKD stages 2-5 have iron deficiency.7

- 32-46% of patients with cancer suffer from iron deficiency.8

- 1 in 10 women suffer from heavy menstrual bleeding.9

- Over 50% of people who have had bariatric surgery are iron deficient within one year of surgery.10

- 10-15% prevalence IDA in patients with coeliac disease.11

- 36-76% of people with HIV experience iron deficiency with and without anaemia.12

- Up to 76% of surgery patients suffer from anaemia.13