

Know your iron numbers

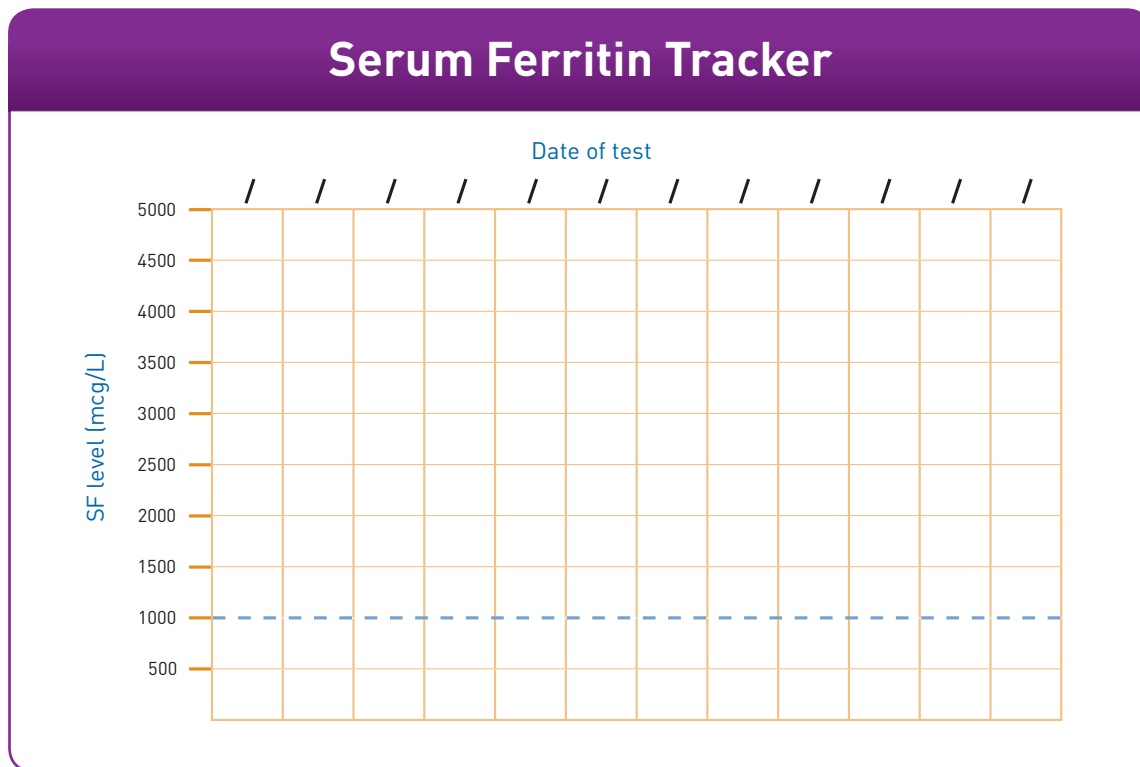
Keep this tracker as a record of your transfusions and iron levels

Write down the number of transfusions you have received in your lifetime. When you've reached 10 transfusions, you should be tested for chronic iron overload, or I.O., if you haven't already been tested.

Transfusion Tracker

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

Below is a serum ferritin tracker to help you keep track of your iron levels. Serum ferritin, also referred to as SF, is measured in micrograms per liter of blood, or mcg/L. If your levels are consistently more than 1000 mcg/L, you may have chronic I.O.



After 10 transfusions, or when SF is consistently more than 1000, remember to speak with your doctor.