

# Low Iron and Heart Failure

## Screening for and treating low iron is a key part of managing heart failure.

**Over half** of people with heart failure also have iron deficiency – when there's too little iron in the body to meet its needs.

But many people don't know it.  
**Ask to have your iron checked.**

Blood sample  
to check iron

Iron helps our bodies make healthy red blood cells and hemoglobin. These then carry oxygen to our organs and tissues allowing them to do their jobs.

### Why the Concern?

Low iron has been linked to:



More symptoms,  
worsening heart failure



Hospital stays – even a  
higher chance of dying

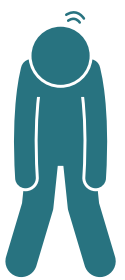


Lower quality  
of life



Difficulty  
being active

### Iron Deficiency Signs and Symptoms



Low energy,  
feeling tired



Headaches

Shortness  
of breath



Feeling  
lightheaded,  
dizzy

A simple  
blood test can  
check your iron  
levels and red  
blood cells.



Cold hands and feet,  
or pale skin



Fast heartbeat



Heart failure  
and iron  
deficiency share  
many symptoms.  
**Tell your care team  
how you're feeling.**

### Treatment

For many people with heart failure, iron given directly into a vein (IV iron therapy) works best to:

- ▶ Boost iron levels
- ▶ Help people feel better and do more

Finding out why your iron is too low can help guide treatment.

For more information, visit [CardioSmart.org/LowIron](https://www.cardiosmart.org/LowIron)

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