



Iron Disorders Institute

promoting wellness through iron balance

symptoms log

Symptoms of an iron imbalance such as iron overload or anemia are not limited to the list provided on this log, which is not intended to promote self-diagnosis or replace the advice of your physician. This form is designed to help you remember details that should be discussed with your healthcare providers.

PERSONAL HEALTH PROFILE

NAME _____ ID# _____ DOB _____

DATE Present	Symptom	Comments	DATE Present	Symptom	Comments
	weakness			chronic cough	
	fatigue			sore tongue	
	joint pain			koilonychia	
	lower back pain			bad breath	
	midback pain			acid reflux	
	abdominal pain			dizziness	
	stomach pain			fainting	
	nausea			weight loss	
	vomiting			weight gain	
	diarrhea			skin color pale	
	constipation			skin color yellow	
	visible blood in stool			skin color bronze	
	stool: pale			skin color:ashen gray/green	
	stool: black			blisters	
	stool: coffee ground			rash or itching	
	urine: pink			frequent bruises	
	urine: dark			frequent nose bleeds	
	urine: foamy			vision problems	
	urination:painful			mental confusion	
	urination: frequent and abundant			lost interest in sex	
	urination: frequent but small amounts			rage/emotional outbursts	
	urination: infrequent			depression	
	thirst: increased			sensitivity to cold	
	headache			sensitivity to heat	
	chest pain			hair loss	
	pain: side of neck			irregular menstruation no longer menstruating	
	shortness of breath			difficulty sleeping	
	heartbeat: irregular, racing or slow			blood pressure: high	
	flushed face			blood pressure: low	
	fever			other (see backside)	

LABORATORY	PHONE NUMBER
------------	--------------

TREATMENT CENTER	PHONE NUMBER
------------------	--------------

PHYSICIAN	PHONE NUMBER
-----------	--------------

PHYSICIAN	PHONE NUMBER
-----------	--------------

