Iron Disorders Institute

Providing reliable answers about Iron-Out-of-Balance

tests

DNA RESULTS

NAME _____

DOB ___/___/___

ID # _____

PERSONAL HEALTH PROFILE

		TEST	TYPICAL REFERENCE RANGES	LAB TEST RESULTS DATE	DATE	DATE	DATE	DATE	DATE
IRON PANEL	OVERLOAD	**Serum Iron**	40-180 mcg/dL						
		Transferrin Iron Saturation Percentage	25-35%						
		Total Iron Binding Capacity	250-450 mcg/dL						
		Ferritin *Refer to **Important Reference Ranges** Below...*							
		Hemoglobin (Hgb)	female: 12.0-16.0 g/dL male: 14.0-18.0 g/dL						
	ANEMIA	**Hematocrit** (Hct)	female: 36.0-48.0% male: 42.0-54.0%						
		Serum Transferrin Receptor RAMCO Assay	5.6±0.3 mg/L						
	BLOOD COUNT	Red Blood Count (RBC)	5-10 million/uL						
		White Blood Cell (WBC)	4-10,000/uL						
		Red Blood Cell Distribution Width (RDW)	12-16 %						
		Mean Corpuscular Volume (MCV)	82-98 fL						
		Mean Corpuscular Hemoglobin (MCH)	27-33 pg						
		Mean Corpuscular Hemoglobin Concentration (MCHC)	31-36 g/dL						
		Platelet Count*	140,000-450,000/uL						
	GENERAL	Blood Pressure	<140 over 90						
		Heart Rate (at rest)	<100 bpm						
		Body Mass Index	20-25 ideal 25-27 overweight >27 obese						
		Height*							
	LIPIDS	Cholesterol (Total)	<200 mg/dL						
		HDL	>35 mg/dL Males >40 mg/dL Females						
		Triglycerides	<400 mg/dL						
	KIDNEYS	BUN	8-20mg/dL						
		Uric Acid	2-6mg/dL						
BIOPSY:	LIVER	AST (SGOT)	10-40 IU/L						
		ALT (SGPT)	10-40 IU/L						
		GGT	0-85 IU/L						
		ALP	25-125 IU/L						
ENDOCRINE	PITUITARY & THYROID	Testosterone (total)	Males: 270-1,070 ng/dL Females: 6-86 ng/dL						
		TSH	0.5-3.5 mU/L						
		T4 (Total)	4.5-12.0 mcg/dL						
		T3 (Uptake)	24-39%						
		Free Thyroxine Index (T7)	1.2-4.5 ug/dL						
		LH*							
		FSH*							
	PANCREAS	Glucose (fasting)	65-115 mg/dL						
		HGB A1C	4.2-5.9%						
		Amylase (Blood)	25-130 IU/L						

*** Labs vary with respect to ranges. The values listed are only approximate. Normal ranges not provided should be supplied by attending physician.**

Ferritin Important Reference Ranges

Adult Males	up to 300 ng/mL
In Treatment	below 100 ng/mL
Ideal Maintenance	25-75 ng/mL
Adult Females	up to 200 ng/mL
In Treatment	below 100 ng/mL
Ideal Maintenance	25-75 ng/mL
Male Ages 10-19	23-70 ng/mL
Female Ages 10-19	6-40 ng/mL
Children Ages 6-9	10-55 ng/mL
Children Ages 1-5	6-24 ng/mL
Infants 7-12 Months	60-80 ng/mL
Newborn 1-6 Months	6-410 ng/mL
Newborn 1-30 Days	6-400 ng/mL

(**For the definition of "In Treatment", see note on "treatment" page to follow.)

This journal is for convenience and record-keeping only and does not represent the limit of diagnostic tests your physician may order on your behalf.

treatment

DATES & LAB RESULTS

Dates											NOTES
Hgb/Hct											
Iron Removed Estimated mgs											
Ferritin*											

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* **Ferritin** represents the amount of mobilizeable (moveable) stored iron in your body and does not have to be measured prior to every treatment. Hemoglobin should not drop below 10; 12 is recommended for adolescents.

For further information, request the brochure about Phlebotomy Treatment.

** **In Treatment** means an iron loading condition has been diagnosed and lower levels must be maintained for control of the iron accumulation.

www.irondisorders.org

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iron panel — IRON PANEL TESTS

	Serum Iron	Serum Ferritin	Transferrin Iron Saturation Percentage	Total Iron Binding Capacity (TIBC)	Transferrin	Serum Transferrin Receptor
Hemochromatosis	↑	↑	↑	↓	↓	NORMAL TO LOW
Iron Deficiency Anemia	↓	↓	↓	↑	↑	HIGH
Sideroblastic Anemia	↑	↑	↑	↓	↓	NORMAL TO HIGH
Thalassemia	↑	↑	↑	↓	↓	HIGH
Porphyria Cutanea Tarda	↑	↑	↑	↓	↓	NORMAL
Anemia of Chronic Disease (ACD)	↓	↑ (SOME)	↓	↓	↓	NORMAL
African siderosis	↑	↑	↑	↓	↓	NORMAL TO LOW

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DATE	NOTES

LABORATORY	PHONE NUMBER

PHYSICIAN	PHONE NUMBER

PHYSICIAN	PHONE NUMBER

PHYSICIAN	PHONE NUMBER

TREATMENT CENTER	PHONE NUMBER

PHYSICIAN	PHONE NUMBER

PHYSICIAN	PHONE NUMBER

PHYSICIAN	PHONE NUMBER

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Iron Disorders Institute encourages you to document how you are feeling during the treatment process. Even subtle changes may be significant. This information can help you, your family and your physician.

DATE	NOTES