USE 💔 TOTAKE IRON SERIOUSLY

DON'T FORGET TO CHECK IRON STATUS IN YOUR HEART FAILURE PATIENTS



IN 2021, THE EUROPEAN SOCIETY OF CARDIOLOGY (ESC) GUIDELINES FOR THE **DIAGNOSIS AND TREATMENT** OF ACUTE AND CHRONIC **HEART FAILURE** WERE UPDATED⁵



When is a good time to screen for iron deficiency?

Iron Deficiency Awareness Day is on 26 NOVEMBER

This makes November the perfect month to screen your heart failure patients for iron deficiency

WORLD IEART **FEDERATION** MADE POSSIBLE WITH AN UNRESTRICTED EDUCATIONAL **GRANT FROM**



1. Paul BT, et al. 2017; doi:10.1080/17474086.2016.1268047; 2. Paterek A, et al. 2019; doi:10.1002/jcp.28820; 3. Klip IT, et al. 2013; doi.org/10.1016/j.ahj.2013.01.017; 4. Comín-Colet J, et al. 2011; doi:10.1016/j.cardfail.2011.08.003; 5. McDonagh TA, et al. 2021; doi:10.1093/eurheartj/ehab368.

ESSENTIAL FOR ENERGY **PRODUCTION IN** THE HEART^{1,2}

ир то 50%

OF PATIENTS WITH HEART FAILURE ARE **IRON DEFICIENT³**

PEOPLE SUFFERING FROM BOTH HEART FAILURE AND IRON DEFICIENCY HAVE THEIR QUALITY OF LIFE **REDUCED BY 19%**^{4*}

***COMPARED WITH HEART** FAILURE PATIENTS WHO **ARE NOT IRON DEFICIENT**



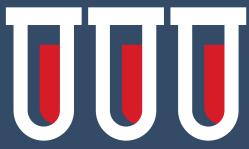
RECOMMENDATIONS FOR THE MANAGEMENT OF PATIENTS WITH HEART FAILURE AND **IRON DEFICIENCY:5**



All patients with HF should be periodically screened for anaemia and iron deficiency with a full blood count, serum ferritin concentration and transferrin saturation (TSAT)⁵

Recommendation - Class I: Level of evidence: C⁵

RECOMMENDED DIAGNOSTIC TESTS IN ALL PATIENTS WITH SUSPECTED CHRONIC **HEART FAILURE:**⁵



Routine blood tests for comorbidities, including full blood count, urea and electrolytes, thyroid function, fasting glucose and glycated haemoglobin (HbA1c), lipids, iron status TSAT and ferritin)⁵

Recommendation – Class I; Level of evidence: C⁵





