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Your profile If you have a health condition that affects your heart - such as high blood pressure, diabetes, coronary heart disease, or heart failure - then it is important to be aware of another condition that can affect your heart health: iron deficiency anemia. Iron deficiency anemia develops when the body does not have enough iron to adequately produce red blood cells that are responsible for transporting oxygen throughout the body. Although this is particularly prevalent in developing countries and among women of reproductive age, recent data show that iron deficiency anaemia is also more common than previously thought in adults with heart disease. While iron deficiency anemia can worsen the heart condition - or even cause them if it is serious enough - any damage can usually be reversed if anemia is detected and treated early enough. Here's what you need to know about iron deficiency anemia and its effects on heart health. The range of symptoms symptoms of iron deficiency anaemia symptoms are caused by insufficient oxygen content in the body's tissues, said Daniel A. Landau, MD, hematologist and oncologist at Orlando Health UF Health Cancer Center in Orlando, Florida. It's a matter of supply and demand, he says, adding that fatigue is the most common symptom reported by about 90 percent of people that it sees with the condition. Other common symptoms, Dr. Landau says, include dizziness or fainting and lack of mental acuity. In some cases, people are tempted to eat abnormal things like dirt or chalk - a condition known as pica. But Landau stresses that iron deficiency is generally not an isolated condition. We don't usually become iron deficiency just because we don't eat proper nutrition, he says. Usually, it is due to blood loss or some other issue that may require urgent treatment - such as gastrointestinal bleeding or even colon cancer. According to Ezra A. Amsterdam, MD, cardiologist and professor of medicine at the University of California, Davis Medical Center in Sacramento, poor nutrition itself is definitely responsible for milder forms of iron deficiency anemia in many people. And in mild to moderate anemia, Dr. Amsterdam notes, symptoms like fatigue may not be very pronounced. People can do relatively well in limited activities, though not strenuous ones, he says. In this case, an adult who does not lead a life of great effort can do what needs to be done. Due to the possibility of no side symptoms, Amsterdam stresses the importance of an annual examination with a doctor. Many of these symptoms are non-specific, he adds, so they can point to some other conditions and, must be checked. A reference to heart health I think the link between iron deficiency and heart health was very poorly understood until recently, says Landau -- studies in recent years have shed some light on this relationship. As noted in a March 2013 paper in the European Journal of The Heart, one study that used a bone marrow biopsy - considered the gold standard for detecting iron deficiency - found that 73 percent of people with heart failure and anemia had iron deficiency, indicating that it could play a key role in cardiovascular disease. The study, published in July 2017 in the journal Acta Cardiologica, found that among people with heart failure, iron deficiency is associated with worse rates of exercise, as well as higher rates of hospitalization and death from all causes, if allowed to progress. Amsterdam explains that in cases of severe anemia, the heart tends to compensate for the absence of red blood cells reaching body tissues by pumping faster, a condition known as tachycardia. Over time, he said, this can lead to an increase in the heart and, ultimately, heart failure, in which the heart can no longer pump enough blood to meet the body's needs. Symptoms of heart failure may include fluid retention, shortness of breath, weakness and very low blood pressure. Heart failure, caused directly by severe anemia, is relatively rare, according to Amsterdam. In my experience, he says, it's not something we see daily or even weekly. But if you already have heart disease, Amsterdam notes that even less severe cases of iron deficiency anemia can contribute to noticeable symptoms associated with the heart, like shortness of breath or angina (chest pain). It's a continuum, he says. It all depends on the individual patient's adaptation to these stresses, which will be reduced if you already have a condition like high blood pressure or coronary heart disease. Screening and treatment If you are experiencing any symptoms associated with iron deficiency anemia, it is important for your doctor to find out what is going on. The first screening test is just to find out if you're anaemic or not, Landau says. If you are anaemic, your doctor will try to establish whether it is due to iron deficiency or some other reason like vitamin deficiency underlying chronic inflammation, kidney disease, or poor thyroid function. Possible blood loss from the gastrointestinal tract can also be investigated. If you find that iron is not enough, Landau says, your doctor is likely to start you on an oral supplement that may be an iron pill or just a multivitamin containing iron, depending on the amount you need. If you find that a serious iron deficiency, Amsterdam notes, you are most likely to be given (IV) iron infusions at once. If someone is severely anaemic, he says, the results of iron infusion can sometimes be like magic in terms of restoring energy and addressing symptoms. Most of the time, the time Amsterdam says an infusion or two should be continued by oral iron supplements, leading to slow and steady progress rather than instant improvement. According to a paper published in August 2017 in the journal Cardiovascular Therapeutics, people with heart failure and iron deficiency iv iron infusions were shown to improve symptoms, exercise and overall quality of life, both immediately and over time. Landau notes that if a person does not tolerate oral iron supplements well and experiences nausea, constipation, or diarrhea, that a person may also be a candidate for an IV iron, even if he or she is not severely anaemic. Intravenous iron works fantastically, he says, if a patient can't tolerate oral glands for any reason. While an iron-rich diet can help you maintain healthy iron levels if you're already anaemic, Landau says that dietary changes alone are unlikely to do you much good. The diet itself, he says, is an inefficient way to solve the iron problem. But proper treatment for iron deficiency, Landau said, can make a big difference for people with heart disease. If you fix iron deficiency, he says, they usually feel better. If you have cancer, you may not be familiar with the role that iron deficiency anemia often plays in the disease. This type of anemia is a condition in which the body cannot produce enough hemoglobin, a substance found in red blood cells that carries oxygen, due to insufficient iron. According to a study published in March 2015 in the journal PLOS ONE, people who have iron deficiency anemia have a significantly higher overall risk of cancer than those who do not, and the risk of pancreatic, kidney, liver and bladder cancer is significantly increased even to five years after iron deficiency is diagnosed. On the other hand, all types of cancer are associated with an increased risk of iron deficiency anaemia, although the risk is higher with certain types of cancer. And the effects of iron deficiency anemia can be particularly severe in people with cancer, potentially interfering with treatment and reducing the chances of survival. Here's what you need to know about the detection and treatment of iron deficiency anemia when you have cancer, and how these two conditions are related. Causes of iron deficiency According to the American Cancer Society, the main causes of anemia in people with cancer are cancer itself, blood loss, nutritional deficiency, major organ problems, sickle cell disease or thalassaemia (hereditary disorders in which the body destroys too many red blood cells). In adults, the most common cause of iron deficiency anemia is blood loss - either the gastrointestinal tract (GI) of the tract or the genitourinary system, in with Lanie K. Francis, MD, hematologist and medical oncologist at UPMC Hillman Cancer Center in People who have cancer are those regions that are present with bleeding, she says, most at risk of iron deficiency anemia. In a study published in July 2013 in the journal Annals of Oncology, iron deficiency was most common in people with pancreatic cancer (63 percent of participants), followed by colorectal cancer (52 percent) and lung cancer (51 percent). In forms of cancer with solid tumors, later stages of cancer were associated with a higher risk of iron deficiency. As for blood cancer, the prevalence of iron deficiency was similar at all stages of cancer. Chemotherapy and iron deficiency In the current factor involved in iron deficiency in people with cancer is chemotherapy. In a study published in 2015 in the journal Blood, 75 percent of people on chemotherapy for different types of cancer found that iron is insufficient, with 60 percent showing signs of absolute iron deficiency (see below). The researchers noted that chemotherapy can cause iron deficiency due to decreased appetite and poor nutrition, gastrointestinal mucosa damage that leads to blood loss, or the release of chemicals known as cytokines. What's more, chemotherapy can cause what is known as pancytopenia, in which many blood components - including red cells, white cells and platelets - are low in number. Common types of iron deficiency in Cancer Two are the main forms of iron deficiency seen in people with cancer: absolute and functional. With an absolute shortage of iron, the body lacks sufficient iron reserves. According to a study published in December 2015 in the Central European Journal of Medicine, absolute iron deficiency is usually caused by blood loss, poor iron absorption, or both. Because of this, colorectal cancer carries a particularly high risk of absolute iron deficiency, but other cancers carry risks as well. In functional iron deficiency, the body has sufficient reserves of iron - mainly in the blood, liver, spleen and bone marrow - but for various reasons related to biochemistry, it cannot adequately use this iron. Common causes of functional iron deficiency are inflammation, which can be caused by cancer, infection, chronic kidney disease or other chronic diseases, as well as some medications or nutritional deficiencies such as copper deficiency. What this means to have anemia and cancer Iron deficiency anemia can be the red flag that leads the health care provider to search for cancer, Francis says, since it is usually caused by blood loss, which often occurs when colon cancer and uterine cancer, but less frequently in bladder cancer. But regardless of its cause, iron deficiency anemia can make cancer treatment more difficult. If has long-standing iron deficiency anemia before being diagnosed with cancer, Francis says, it can weaken or decipher them, which can make it difficult for them to tolerate chemotherapy or other to a study in the Central European Journal of Medicine, anemia from any cause is associated with reduced physical fitness and a reported quality of life in people with cancer. Anemia is also associated with a higher mortality rate in people with cancer, although the paper notes that it is not clear whether treatment for anemia improves survival - meaning that sometimes it can be a symptom rather than a cause of ill health. Getting tested and treated If you have cancer, it is especially important to see your doctor and be tested for anemia if you experience symptoms such as fatigue, palpitations, shortness of breath or difficulty breathing during physical activity, dizziness, chest pain, swelling in your hands or feet, or paleness of your skin, nails, mouth, or gums. If a blood test confirms that you have iron deficiency anemia, there are two potential (and additional) courses of action your doctor may take: find out what is causing the deficiency, and treat it directly. Let's start with the fact that your doctor is likely to perform further tests to determine the cause of your anemia. These tests may include the measurement of transferrin saturation (TSAT), which signals a functional iron deficiency, as well as a level of ferritin, which may indicate an absolute iron deficiency. The gold standard is a test to confirm an absolute iron deficiency bone marrow biopsy, according to Francis - but this is rarely necessary. If you experience blood loss due to cancer or some other established cause, your health team is probably already trying to stop any active bleeding, Francis says. But if there is no known source of blood loss, your doctor will most likely ask about symptoms that may indicate blood loss and may test your stool for blood using a fecal occult blood test (FOBT), or consider ordering a colonoscopy. For immediate treatment of iron deficiency, your doctor may prescribe either oral iron supplements or intravenous (IV) iron. If you have anemia that is particularly severe or sudden, you may also get a red blood cell transfusion. Since transfusion quickly increases the level of hemoglobin, this can be an important way to ensure that enough oxygen reaches your vital organs. In the long term, it is also important to maintain a healthy, iron-rich diet, including foods such as meat and fish, dark green leafy vegetables, dried fruits, beans and other legumes, as well as fortified bread, cereals and pasta. Sources of iron meat are usually the best choice when it comes to the bioavailability of iron and the maximum absorption of iron from the diet. Treatment of iron deficiency in cancer patients is no different from the non-cancer population, Francis said. But since the stakes are potentially much higher when you have cancer, if you that you may have iron deficiency anemia, feel free to see a doctor for testing and iron deficiency anemia guidelines 2020. 2020 icd 10 code for iron deficiency anemia. iron deficiency anemia day 2020. iron deficiency anemia pdf 2020

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