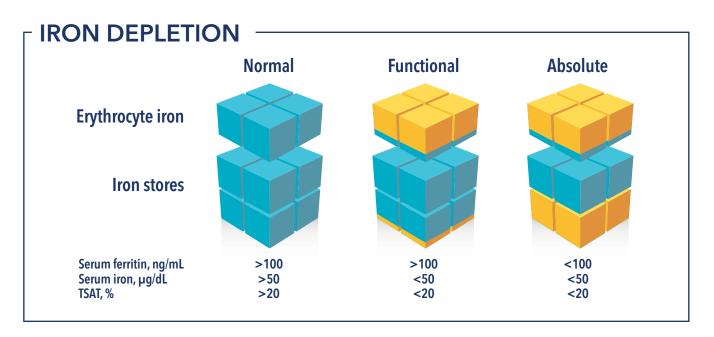


Causes of Iron Deficiency

Iron has both a storage pool and a functional pool. Iron deficiency can be absolute (the body's iron store is empty) or functional (when the release of iron is compromised).



CAUSES OF IRON DEFICIENCY:



Reduced absorption

Al gastritis
Bariatric surgery
PPIs
Anti-H₂
H pylori
Hookworm
infection
Bleeding
Oedema
Coeliac disease



Inadequate intake

Vegetarian/vegan diet Malnutrition



Infants/

Increased body needs

preschoolers
Pregnancy
EPO treatment
Elite athletes



Chronic blood loss (without anaemia)

GI cancers Donations Heaves menses NSAIDs Haematuria Coagulopathy

Steroids



Having certain chronic diseases*

Inflammatory bowel disease (IBD)

Chronic heart failure

Chronic kidney disease

Celiac disease

*block iron transporters and reduce iron absorption, causing functional iron deficiency.

References:

Al-Naseem, Abdulrahman, et al. "Iron deficiency without anaemia: a diagnosis that matters." *Clinical Medicine* 21.2 (2021): 107.

Anand, Inder S., and Pankaj Gupta. "Anemia and iron deficiency in heart failure: current concepts and emerging therapies." Circulation 138.1 (2018): 80-98.

Causes of Iron Deficiency