



Could I suffer from an Iron Deficiency Syndrome?

The test makes it possible, to place a suspicion diagnosis.

Answer the following questions:

Do you feel physically exhausted?	
If the answer is yes, score 1 point →	<input type="checkbox"/>
Do you often feel depressed?	<input type="checkbox"/>
Do you have difficulty concentrating?	<input type="checkbox"/>
If you have checked one box or more, score 1 point →	<input type="checkbox"/>
Do you suffer from tense neck?	<input type="checkbox"/>
Do you suffer from headaches/migraine?	<input type="checkbox"/>
Do you suffer from sleep problems?	<input type="checkbox"/>
If you have checked one box or more, score 1 point →	<input type="checkbox"/>
Do you suffer from dizzy spells?	<input type="checkbox"/>
Do you suffer from hair loss?	<input type="checkbox"/>
Do you suffer from brittle finger nails?	<input type="checkbox"/>
If you have checked one box or more, score 1 point →	<input type="checkbox"/>
Total →	<input type="checkbox"/>

Auswertung:

1 or 2 points: possible iron deficiency syndrome. You may be suffering from IDS and should have a blood test for ferritin.

3 points: You are probably suffering from classical IDS and are strongly advised to have a blood test for ferritin. Then (if the result is low) treatment with iron infusions.

4 points: You are very probably suffering from iron deficiency syndrome. You are urgently advised to have a blood test for ferritin and treatment with iron infusions.

These recommendations are addressed to women of menstruating age with symptoms of IDS. If this test suggests the presence of iron deficiency syndrome and if the blood test shows that your ferritin level is below 50 ng/ml you need iron infusions.

Diagnostics and therapy are offered by trained authority centers:
www.iron-clinic.net.