

How do you know if your iron level is within the recommended range? Unless your doctor is checking your iron levels regularly, you don't. Use this iron monitoring tracker to help keep a record of what monitoring your doctor is doing and what your iron level should be.

Be sure to discuss the results with your healthcare team regularly as iron chelation needs to be adjusted regularly depending on your iron level, weight, and side effects.

IRON MONITORING TRACKER

Iron level

Iron level should be evaluated regularly based on the recommended target levels supported by consensus guidelines.

Recommended target levels

Monitor test	Thalassemia		Sickle Cell Disease	
	Normal ranges	Recommended monitoring	Normal ranges	Recommended monitoring
Serum ferritin	<1000 ng/mL	Monthly	25-300 ng/mL	Monthly
Liver MRI† T2*	2 - 5 mg/g dry weight (dw)	Yearly	0.8-3.5 mg/g dw	Every 1-2 years
Heart MRI T2*	>20 ms‡	Yearly (Or every 6 months if your T2* is <10 ms)§	>30 ms	Performed if you have: <ul style="list-style-type: none"> • Sickle cell disease with a high iron load (liver iron concentration of >15 mg/g [dry weight]) for 2 years or more • signs of organ or heart function§ damage because of transfusional iron overload

† MRI = magnetic resonance imaging

‡ ms = milliseconds

§ Liver and cardiac MRI T2* may be conducted together at certain centers.



Brooke, actual person living with Thalassemia Syndrome



Taking your medication as prescribed is the most important thing YOU can do to receive the benefit of chelation treatment. Talk to your doctor about side effects like hearing loss, vision problems, kidney issues, stomach problems (i.e., nausea and vomiting) and if they keep you from taking your medication as prescribed.

IRON MONITORING TRACKER

Use the tables below to record your iron level test results and discuss them with your healthcare team.

Date:	
Test: (Circle one) Serum ferritin Heart T2* Liver T2*	My results:
Doctor information:	Notes:

Date:	
Test: (Circle one) Serum ferritin Heart T2* Liver T2*	My results:
Doctor information:	Notes:

Date:	
Test: (Circle one) Serum ferritin Heart T2* Liver T2*	My results:
Doctor information:	Notes:

Date:	
Test: (Circle one) Serum ferritin Heart T2* Liver T2*	My results:
Doctor information:	Notes:

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