

## **MORE THAN 30 PERCENT OF WOMEN IRON DEFICIENT**

**Tresa Mcneal, MD, Baylor Scott & White Health**

{\*\*ON CAM\*\*}

ROUGHLY THIRTY PERCENT OF WOMEN UNDER FIFTY ARE IRON-DEFICIENT ... BUT MOST WOMEN DON'T KNOW THEY HAVE A PROBLEM.

{\*\*TAKE VO\*\*}

THAT'S BECAUSE PEOPLE DON'T REGULARLY RECEIVE IRON DEFICIENCY SCREENINGS.

IRON HELPS RED BLOOD CELLS TRANSPORT OXYGEN THROUGHOUT YOUR BODY ... SO IT'S IMPORTANT. AND IF YOU DON'T HAVE ENOUGH IRON ... YOU PROBABLY AREN'T FEELING GOOD.

SYMPTOMS CAN INCLUDE FEELING TIRED OR WEAK ... AND EVEN HAVING CHEST PAINS.

INTERNAL MEDICINE DOCTOR TRESA (TRAY-SUH) MCNEAL SAYS THERE ARE OTHER ... LESS OBVIOUS SYMPTOMS TOO.

{\*\*TAKE SOT\*\*}

Tresa Mcneal, MD

Baylor Scott & White Health

TRT: 16

"There are some symptoms that may not seem so obvious but are indicative of iron deficiency. That can include soreness of the tongue, brittle nails, or even cravings for unusual things like non-food items such as dirt or starch substances."

{\*\*ON CAM\*\*}

WORRIED ABOUT YOUR IRON LEVELS? DR. MCNEAL RECOMMENDS GETTING SCREENED. EATING IRON-RICH FOODS LIKE EGGS .... MEAT ... GREEN LEAFY VEGETABLES CAN ALSO HELP.