



THE IRON CLINIC

Welcome

Thank you for taking the time to read our newsletter!

As part of our new strategy to increase awareness of iron deficiency we feel newsletter updates will be a great way to discuss upcoming projects, provide educational content on key areas of iron deficiency and share the latest news from the clinic.

For more updates make sure to give us a follow:



To make a booking, call 020 3875 8171
or drop us an email at
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Updates and News

We are moving!

We are very excited to announce the clinic will be moving! We will be relocating to 101 Harley Street later this August, which will give us greater patient capacity, more available services and a stunning new venue!

During the move, our face-to-face services will temporarily be unavailable, however, we are still available for zoom and telephone consultations.



Toby is coming back

What better way to settle into our new workplace than with a visit from our Director, Professor Toby Richards. Toby has recently been working in Australia to lead several clinical trials in iron deficiency research. We are looking forward to welcoming him back in September.

New Partnership

We are pleased to announce we will be forming a partnership with Medichcks. Medichcks have over 20 years' experience providing health checks and over 150 clinics nationwide. We will be providing endurance fitness blood tests, which are tests designed to screen athletes' blood for anaemia, hormone levels, muscle health and inflammation.

And it gets better, Iron Clinic patients can use the discount code **IRONCLINIC10** at the checkout to receive 10% off

Click the icon for more



New Staff

We have also welcomed several new members to The Iron Clinic team!

Angela Podmore has joined us as our Client Coordinator. Angela has an excellent range of experience in customer service and secretarial positions.

Neil McLaren-Dobbie has been selected as our General Manager. Neil has had a very successful corporate career, with his expertise being a great asset to the team.

Beth MacLean has joined our marketing department. Beth is currently studying a PhD in iron deficiency and will be creating educational content to share through our social media platforms.

PATIENT TESTIMONIALS

We would like to reach out for feedback from anyone who has previously received intravenous iron treatment at our clinic.

We aim to raise awareness of the benefits of intravenous iron treatments and would be greatly appreciative if you could leave us a Google or Facebook review.

The Misogyny of Iron Deficiency

Want to learn more about iron deficiency and the higher prevalence of iron deficient females? Read the new collaborative review written by iron deficiency researchers at the University of Western Australia and University College London. The review covers misunderstandings about iron deficiency; controversies in iron deficiency diagnosis for women; the symptoms, wellbeing and functional impact of iron deficiency. Click the article to read more!

Review Article

The misogyny of iron deficiency

C. Dugan,¹ B. MacLean,¹ K. Cabolis,² S. Abey Siri,³ A. Khong,⁴ M. Sajic⁴ and T. Richards⁵ on behalf of the Women's Health research Collaborative*

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2 PhD Student, 4 Senior Researcher, Department of Neuro-inflammation, University College London Queen Square Institute of Neurology, London, UK
3 PhD Student, Institute of Clinical Trials and Methodology, University College London, London, UK

Summary

Anaemia is common, particularly in women and the commonest underlying cause, iron deficiency, is often overlooked. Anaemia is associated with increased morbidity and mortality in patients undergoing anaesthesia; however, women are defined as being anaemic at a lower haemoglobin level than men. In this narrative review, we present the history of iron deficiency anaemia and how women's health has often been overlooked. Iron deficiency was first described as 'chlorosis' and a cause of 'hysteria' in women and initial treatment was by iron filings in cold wine. We present data of population screening demonstrating how common iron deficiency is, affecting 12–18% of apparently 'fit and healthy' women, with the most common cause being heavy menstrual bleeding; both conditions being often unrecognised. We describe a range of symptoms reported by women, that vary from fatigue to brain fog, hair loss and eating ice. We also describe experiments exploring the physical impact of iron deficiency, showing that reduced exercise performance is related to iron deficiency independent of haemoglobin concentration, as well as the impact of iron supplementation in women improving oxygen consumption and fitness. Overall, we demonstrate the need to single out women and investigate iron deficiency rather than accept the dogma of normality and differential treatment; this is to say, the need to change the current standard of care for women undergoing anaesthesia.

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Keywords: anaemia; female; iron

*www.womenshealthresearchcollaborative.com

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PREVENTT

Patients undergoing major surgical procedures are at an increased risk of developing iron deficiency. Toby and his team have recently worked on a clinical trial known as PREVENTT to investigate whether the treatment of preoperative iron deficiency could improve patient outcomes and reduce blood transfusion requirements

IRONWOMAN

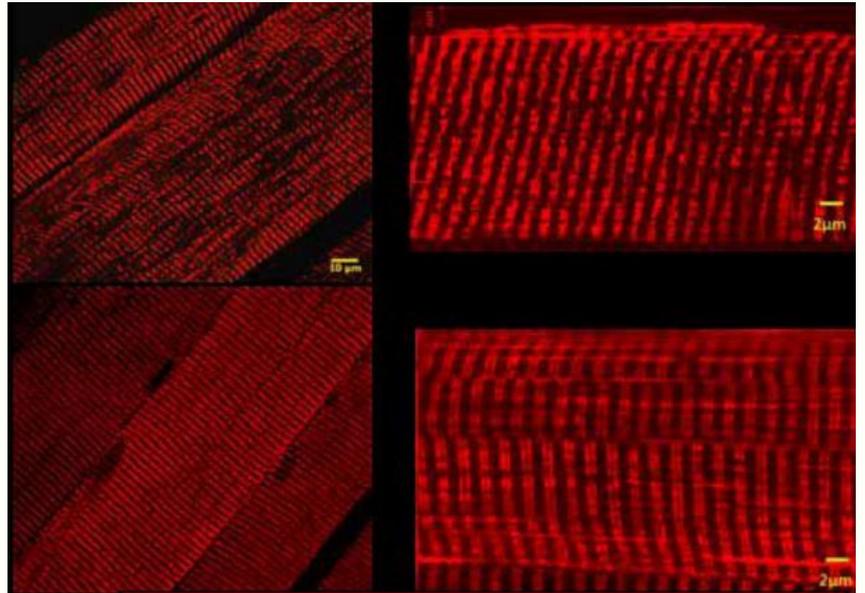
Over in Australia, PhD student Cory Dugan is investigating iron status in female athletes. There is a distinctly higher prevalence of iron deficiency occurring in female athletes that may be impacting both performance and personal health. The IRONWOMAN Trial has been developed to test the hypothesis that treating iron deficient female athletes with intravenous iron could improve athletic performance, mood and quality of life.



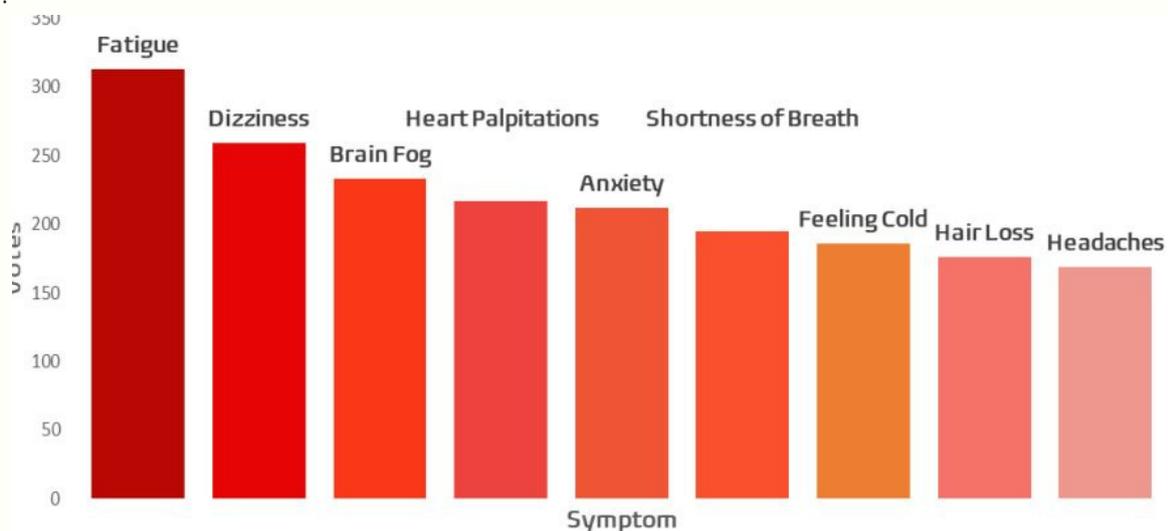
Mitochondrial Activity in Iron Deficiency

At UCL, PhD student Katerina Cabolis and Dr Marija Sajic are investigating the link between iron and energy production by assessing structural and functional implications of iron deficiency to the mitochondria of skeletal muscle tissue.

Iron is essential for mitochondrial energy production as all proteins involved in this process are iron-dependent. Iron deficiency may therefore impair mitochondrial activity and consequently reduce the energy available within bodily tissues.



Shown above are confocal images of skeletal muscle mitochondria from an iron deficient mouse model from the team's research.



Patient Reported Symptoms of Iron Deficiency

A special thanks to everyone who took part in our Facebook survey! The survey was designed to enable iron deficient patients to communicate the symptoms they experience personally as a result of their iron deficiency. Out of 54 patient-reported symptoms, we have accumulated the top 10 most frequently reported symptoms of iron deficiency.