## Iron Levels Female Chart

Iron Profile

| Iron Parameter | Test Result (mcg/dL) | Normal Range (mcg/dL) |
| :--- | :---: | :--- |
| Serum Iron | 60 | $50-170$ |
| Total Iron-Binding Capacity <br> (TIBC) | 320 | $250-450$ |
| Transferrin | 28 | $12-16 \mathrm{~g} / \mathrm{dL}$ |
| Hemoglobin | $11.5 \mathrm{~g} / \mathrm{dL}$ | $36-48 \%$ |
| Hematocrit | $35 \%$ |  |
| Complete Blood Count <br> (CBC) | Within normal range |  |

## Interpretation

## Iron Status:

NormalLow
$\square$ High

## Symptoms and Clinical Presentation:

FatigueWeaknessFrequent InfectionsFeeling ColdTongue Swelling
Impaired Concentration (School/Work)Delayed Mental Development (if applicable)

TIBC Status:
Normal
$\square$ Low
$\square$ High

## Medical History:

Menstrual History (if applicable)
(v) Dietary Habits
$\square$ Pregnancy Status (if applicable)
$\square$ Gastrointestinal Conditions
$\square$ Medications and Supplements

## Diagnosis and Treatment

## Diagnosis:

( Iron Deficiency Anemia
$\square$ Other Types of Anemia
$\square$ Chronic Blood Loss
$\square$ Pregnancy-Related Iron Changes
$\square$ Other (Specify): $\qquad$

## Treatment Plan:

(v) Iron Supplementation
$\checkmark$ Dietary Counseling
$\square$ Management of Underlying Condition

- Periodic MonitoringReferral to Specialist (if necessary)


## Follow-up and Prognosis:

Next Follow-up Date: 2023-12-15

## Prognosis:

(v) Favorable
$\square$ GuardedPoor

## Healthcare Professional's Notes:

- Explained the importance of compliance with iron supplementation.
- Discussed dietary changes to enhance iron absorption.
- Patient advised on potential side effects of iron supplements.
- Emphasized the significance of follow-up blood tests to monitor progress.

