

# Iron Levels Female Chart

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Iron Profile

Iron Parameter	Test Result (mcg/dL)	Normal Range (mcg/dL)
Serum Iron		50 - 170
Total Iron-Binding Capacity (TIBC)		250 - 450
Transferrin		
Hemoglobin		12 - 16 g/dL
Hematocrit		36 - 48%
Complete Blood Count (CBC)		

## Interpretation

<b>Iron Status:</b> <input type="checkbox"/> Normal <input type="checkbox"/> Low <input type="checkbox"/> High	<b>TIBC Status:</b> <input type="checkbox"/> Normal <input type="checkbox"/> Low <input type="checkbox"/> High
<b>Symptoms and Clinical Presentation:</b> <input type="checkbox"/> Fatigue <input type="checkbox"/> Weakness <input type="checkbox"/> Frequent Infections <input type="checkbox"/> Feeling Cold <input type="checkbox"/> Tongue Swelling <input type="checkbox"/> Impaired Concentration (School/Work) <input type="checkbox"/> Delayed Mental Development (if applicable)	<b>Medical History:</b> <input type="checkbox"/> Menstrual History (if applicable) <input type="checkbox"/> Dietary Habits <input type="checkbox"/> Pregnancy Status (if applicable) <input type="checkbox"/> Gastrointestinal Conditions <input type="checkbox"/> Medications and Supplements

## Diagnosis and Treatment

### Diagnosis:

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

### Treatment Plan:

- Iron Supplementation
- Dietary Counseling
- Management of Underlying Condition
- Periodic Monitoring
- Referral to Specialist (if necessary)

### Follow-up and Prognosis:

Next Follow-up Date: \_\_\_\_\_

### Prognosis:

- Favorable
- Guarded
- Poor

### Healthcare Professional's Notes: