

Low Iron, High Stakes

Seeing Beyond the Tip of the Iceberg

Nearly 40% of reproductive age women have iron deficiency—most without anemia

5 Practice-Changing Insights



Don't wait for anemia

Normal Hb doesn't rule out deficiency.



Ferritin <30 or TSAT <20%

Confirms iron deficiency, context matters.

Anemia



Every-other-day iron

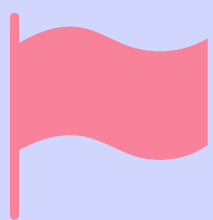
Improved tolerance & may enhance absorption.

Iron depletion



Think IV iron earlier

It's safe, fast, and underutilized.



Treat as a red flag

Always identify the cause.

A Stepwise Approach

- Presence of risk factors, symptoms, or CBC findings
- If no heavy menstrual bleeding, pursue GI evaluation
- Repeat iron panel: after 3-6 months of oral iron or 6 weeks after IV iron

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