

Women's Iron Levels Chart

Patient Information

Name:

Date of Birth:

Date of Assessment:

Healthcare Provider:

Age Group (Select One)

- Adolescents (11-18 years)
- Adults (19-50 years)
- Seniors (51+ years)
- Pregnant Women

Iron-Related Measurements

Hemoglobin (g/dL):

Serum Iron ($\mu\text{g/dL}$):

Ferritin (ng/mL):

Transferrin Saturation (%):

Interpretation

- Within Recommended Range
- Below the Recommended Range (Potential Iron Deficiency)
- Above Recommended Range (Potential Iron Overload)

Comments/Notes

Recommendations

- Dietary Changes
- Iron Supplements
- Follow-up Assessment
- Referral to Specialist
- None Required

Instructions for Healthcare Professionals

1. Fill in the patient's information, including their name, date of birth, date of assessment, and your name as the healthcare provider.
2. Select the appropriate age group for the patient.
3. Input the patient's iron-related measurements, including hemoglobin, serum iron, ferritin, and transferrin saturation.
4. Interpret the results based on the guidelines:
 - If iron levels are within the recommended range, mark "Within Recommended Range."
 - If iron levels are below the recommended range, mark "Below Recommended Range" and consider potential iron deficiency.
 - If iron levels are above the recommended range, mark "Above Recommended Range" and consider potential iron overload.
5. Add relevant comments or notes about the patient's iron status or history.
6. Based on the interpretation, make appropriate recommendations, such as dietary changes, iron supplements, follow-up assessments, referrals to specialists, or indicate that no further action is required.

In this case, Sarah Johnson, a 36-year-old adult, presented with her iron-related measurements within the recommended range. Her hemoglobin, serum iron, ferritin, and transferrin saturation levels were all normal. She reported no significant issues related to her iron levels and had a history of healthy iron levels.

Given the normal results and Sarah's history, no immediate actions or interventions are required. It's advisable to encourage her to maintain a balanced diet that includes iron-rich foods to ensure she continues to have healthy iron levels. A follow-up assessment can be scheduled during her next annual check-up to ensure that her iron status remains optimal.