



## Appendix B: Nonspecific signs and symptoms of extreme iron overload by organ

In a patient with a high ferritin result, the presence of multiple signs or symptoms listed here may indicate underlying iron overload.

Iron Storage	Consequences
Liver (common)	Enlargement, progressing to cirrhosis and predisposing to hepatocellular carcinoma
Heart	Congestive heart failure and/or arrhythmia due to cardiomyopathy
Pancreas	Diabetes – difficult to control type 2 or atypical presentation (e.g., young, low BMI)
Skin	Increased skin pigmentation (“bronze”); association with porphyria cutanea tarda
Hair	Body hair loss
Joints	Arthritis, classically involvement of MCP and proximal IP joints of thumb, index and middle fingers; chondrocalcinosis
Pituitary	Hypogonadism and hypothyroidism
Testes	Hypogonadism