
Mayo Clinic Medical Edge
Living With Hemochromatosis

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	THE MEDICAL NAME IS A MOUTHFUL. BUT YOU COULD THINK OF HEMOCHROMATOSIS AS IRON OVERLOAD WITHIN THE BODY.
Raj Satyanarayana, M.D.	"CONSEQUENTLY, THERE ARE PROBLEMS IN THE LIVER, IN THE HEART, IN THE ENDOCRINE ORGANS SUCH AS THE PANCREAS."
	TREATING THE CONDITION MEANS GETTING RID OF THE EXCESS IRON. THE WAY TO DO THAT SAYS

	MAYO CLINIC DR. RAJ SATYANARAYANA IS...
Dr. Satyanarayana	“PHLEBOTOMY OR BLOOD-LETTING.”
	INITIALLY, TO GET THE IRON LEVELS TO AN ACCEPTABLE LEVEL AND THEN AS A MAINTENANCE PROGRAM EVERY FEW MONTHS. SOME LIFESTYLE CHANGE MAY ALSO BE NEEDED.
Dr. Satyanarayana	“I DO ADVISE MY PATIENTS TO STOP DRINKING. NOT TO CONSUME IRON CONTAINING VITAMIN SUPPLEMENTS AND I ADVISE MY PATIENTS NOT TO CONSUME EXCESSIVE AMOUNTS OF VITAMIN C.”
	DR. SATYANARAYANA SAYS RED MEAT IS FINE, AS LONG AS PATIENTS ARE UNDERGOING REGULAR TREATMENTS.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT

	MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.
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