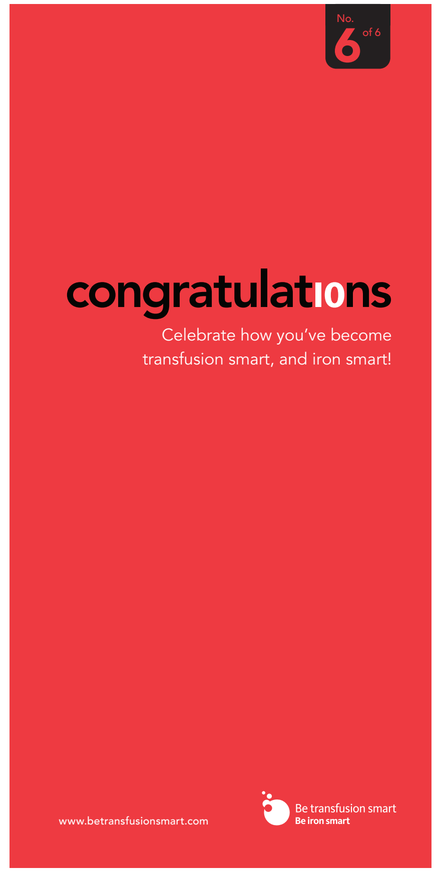
Be Transfusion Smart. Be Iron Smart.

Month 6 — Congratulations Booklet

Month 6 – Brochure Front Cover



Month 6 – Brochure Back Cover

Month 6 – Brochure Open Revealing Contents

Month 6 – Brochure Open Revealing Back Inside flap (booklet removed)

No. 6 of 6

congratulations

Celebrate how you've become
transfusion smart, and iron smart!

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Be transfusion smart
Be iron smart

actIOn

If you've had 10 or more transfusions in your lifetime, you are at risk for **I**ron **O**verload.

Be transfusion smart
Be iron smart

congratulations

Be transfusion smart. **Be iron smart.**

Congratulations!

You have taken steps to become transfusion smart and iron smart.

Thank you for participating in **Be Transfusion Smart. Be Iron Smart.** This is your final communication in the program. But staying smart about transfusions and iron doesn't end when this program ends. Staying transfusion and iron smart means continuing to play an active role in your healthcare. There are several ways you can do that:

- Gather as much **information** as you can about iron overload, or IO, and how it may affect your health
- Learn more about IO through **communication** with your doctor, who is a great source of information
- Take **action** to find out if you have IO by asking your doctor about having serum ferritin tests and by tracking your serum ferritin numbers
- Talk to your doctor to find out if there are appropriate IO treatment **options** for you

In this booklet, you'll find lots of activities and puzzles about transfusions and iron overload. They highlight important information you've seen throughout the program and provide a fun way to help you remember what you've learned. They also give you a way to share your knowledge with your friends and family. So, get out your pencils or crayons and have fun!

Here are some important points about transfusions and iron overload to help refresh your memory.

- Transfusions give your body healthy red blood cells, which help your blood carry oxygen — the fuel that gives your body energy.
- Transfusions may also give your body extra iron your body can't use. Your body has no natural way to remove this extra iron, so it gradually builds up with each transfusion.
- As the extra iron builds up, it may cause IO, which may lead to serious health problems.
- You can have IO even if you have anemia or if a long time has passed between your transfusions.
- You may not feel iron building up in your body, but IO may cause a wide range of serious health problems, like liver disease, heart disease, diabetes, erectile dysfunction (ED), infertility, growth problems in children, joint pain and other conditions.
- If you've had 10 or more transfusions in your lifetime, you're at risk for IO.
- A serum ferritin test is a simple blood test your doctor can do to measure how much iron you have in your body.
- If your serum ferritin numbers continue to be over 1000 mcg/L, you may have IO. Talk to your doctor about IO treatment options.

What's it made of?

Your blood is made up of many tiny cells — red blood cells, white blood cells and platelets — all floating in a liquid called plasma. Red blood cells are some of the most important ones you get during a transfusion. They carry iron, which gives them their red color. Inside your red blood cells, iron works with hemoglobin to help them carry oxygen — the fuel that gives your body energy.

There are many more red blood cells in your blood than white blood cells or platelets. In this activity, you can see how much of each type of cell your blood contains.

You'll Need:

45 candy red hots (for the red blood cells)

5 mini marshmallows (for the white blood cells)

5 candy sprinkles (for the platelets)

Other Blood Models: Anemia and Sickle Cell Disease

You can have anemia when your body doesn't make enough red blood cells (as in MDS). To see a model of anemia in MDS, use half the number of candy red hots. In sickle cell diseae, red blood cells aren't healthy and can be shaped like a "C." You can make a model of sickle cell disease by substituting kidney beans for half of the candy red hots.

You're at risk for IO if you've had 10 or more transfusions in your lifetime, even if a long time has passed between your transfusions or if you have anemia. So talk to your doctor about your risk for IO. And remember — **10 transfusions means risk for IO**.

Instructions. Mix all of the ingredients together in a clear glass with water to represent plasma. To make the model more fun, use yellow gelatin from a box mix instead of water. Follow the package directions to mix the gelatin, then refrigerate it for one hour. Before the gelatin hardens, add the candy and stir. Return the bowl to the refrigerator. When the gelatin hardens, the "blood cells" will be suspended in the "plasma."

From the Blood Drive to the Transfusion Center

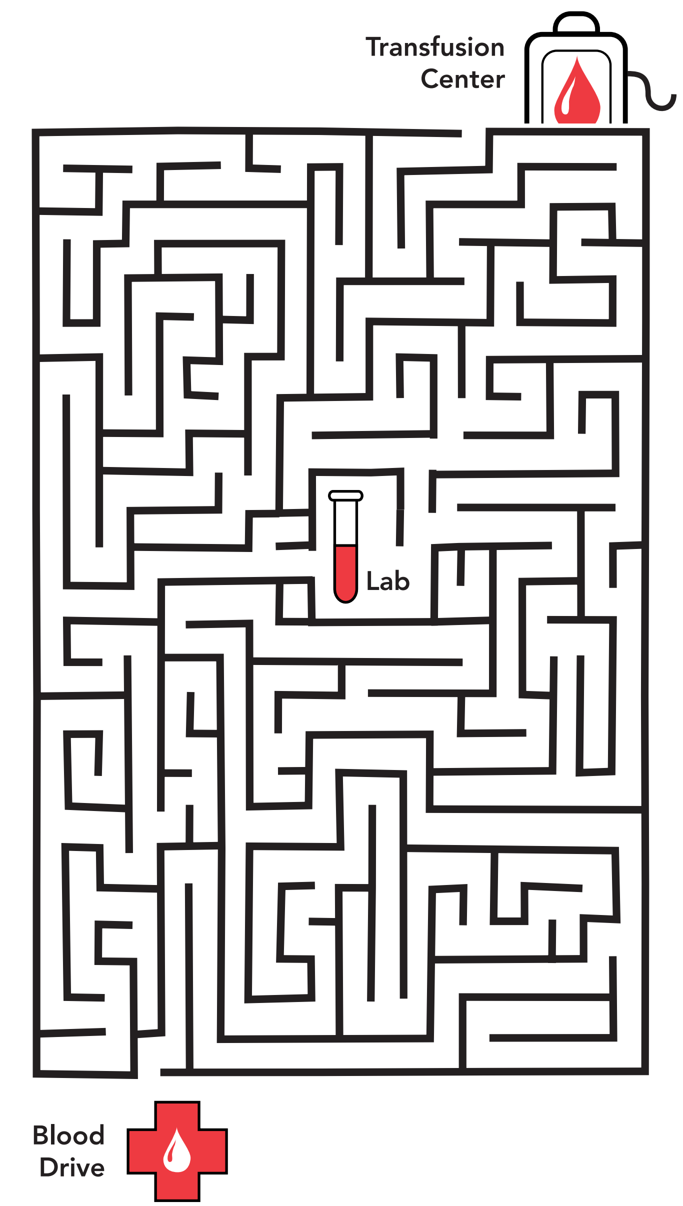
The blood used for transfusions comes from healthy people who volunteer to give their blood at places like local blood drives. Donated blood has to be used within a certain number of days after it's donated, so blood banks need to replace their blood supply often.

Before it arrives at the hospital or transfusion center, donated blood makes a stop at the lab. The lab carefully checks every unit of donated blood using 13 different tests to make sure it's safe — 11 of these tests make sure it doesn't contain diseases like hepatitis C or HIV.

Then the lab sends the blood to hospitals and transfusion centers. The blood you receive during transfusions comes in small bags called "units." Each unit contains one pint (two cups) of blood.

Doctors can't remove the extra iron from the transfusion bag before you receive a transfusion. Iron is an essential part of healthy red blood cells that helps them carry oxygen. If you've had 10 or more transfusions, you are at risk for IO. Ask your doctor about getting a serum ferritin test for IO.

Instructions. Starting at the blood drive, find the path to the testing lab and then to the hospital or transfusion center.



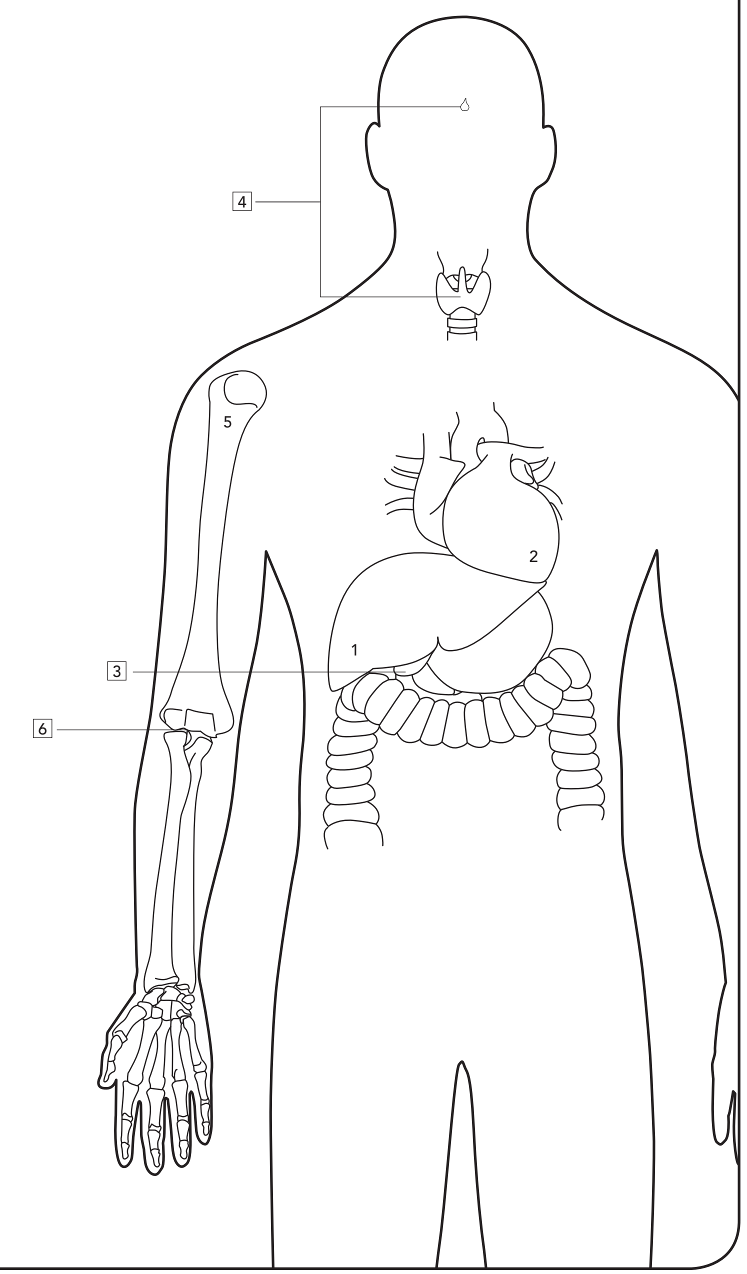
Where does the extra iron go?

The healthy red blood cells you receive in a transfusion may give you more iron than your body can use. Because your body has no natural way to remove this extra iron, it gradually builds up with each transfusion. This iron buildup may cause IO, which may lead to serious health problems.

Instructions. Identify each numbered body part on Rusty and write its name in the blank spaces below. For fun, you can color each body part, to help you remember each one.

1. _ _ _ _ _
   (filters harmful substances from the blood)
2. _ _ _ _ _
   (pumps blood through the body)
3. _ _ _ _ _ _ _ _
   (gland that makes insulin)
4. _ _ _ _ _ _ _ _ _ system
   (controls growth in children and sexual function in adults)
5. _ _ _ _ _
   (make up your skeleton)
6. _ _ _ _ _ _
   (bendable connections where bones meet up)

Some patients have a higher risk for specific health consequences than others. Talk to your doctor to learn more about your risks for iron-related health problems.



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IO Consequences Word Find

Although you may not feel iron building up in your body, extra iron may prevent many of its important parts from working properly. Because iron may build up in many different places throughout your body, it can have a wide range of health effects, including:

- Liver disease, cirrhosis (sir OH sis) and liver cancer
- Heart disease and heart failure
- Diabetes
- Weakened immune system
- Sexual problems and infertility
- Growth and development problems in children
- Increased risk of breaking a bone
- Joint pain, swelling and stiffness
- Changes in skin color

Because IO may not cause symptoms, you might not know anything is wrong. A fast and easy way to find out if you have IO is to have a serum ferritin test. Ask your doctor about this simple blood test for IO.

Instructions. Circle the words from the list in the puzzle grid. The letters must be in order next to each other. Words may be straight down or across, forward or backward.

X	U	Q	U	Z	B	K	C	C	B	Q	I	F	L
L	I	V	E	R	D	I	S	E	A	S	E	S	W
H	T	W	O	R	G	D	E	Y	A	L	E	D	K
B	I	G	Y	N	C	L	Z	Y	Y	R	B	T	V
S	Q	U	N	A	A	B	X	T	R	L	J	K	W
I	U	J	J	M	Y	R	A	I	Q	H	S	U	W
S	B	S	K	I	N	C	O	L	O	R	E	D	V
O	T	N	I	O	J	L	B	I	I	K	T	E	R
H	E	R	U	L	I	A	F	T	R	A	E	H	X
R	D	K	N	K	N	R	Q	R	J	R	B	X	P
R	D	A	V	R	Q	F	L	E	P	D	A	G	X
I	G	H	B	W	O	G	E	F	A	F	I	K	Y
C	K	R	M	M	E	Y	C	N	I	A	D	Y	E
G	I	I	T	P	Q	C	C	I	N	H	R	Q	C

Word List

Liver disease
Cirrhosis
Heart failure
Diabetes
Infertility
Delayed growth
Joint pain
Fractures
Skin color

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Transfusions and IO Crossword

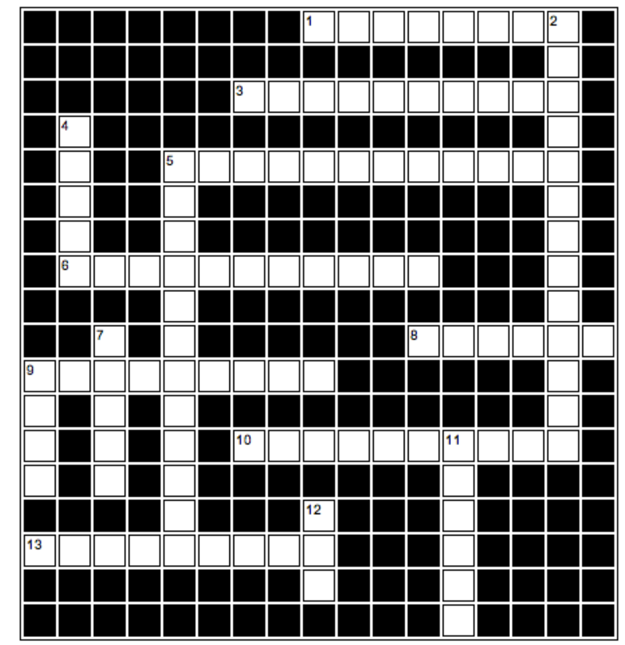
Iron overload usually doesn't cause symptoms until it has significantly damaged your organs. So, you might not know anything is wrong. That's why it's important to catch IO early — before it causes damage.

So, how do you find out if you have iron overload? A fast and easy way to find out if you have iron overload is to have the iron in your blood measured with a serum ferritin test. This is a simple blood test your doctor can do. Depending on your condition and health history, your doctor may test your serum ferritin as often as every 3 months.

If your serum ferritin numbers continue to be over l000 mcg/L, ask your doctor about treatment options for iron overload. He or she can guide you in the right direction and will work with you on a management plan. Part of your plan should include having serum ferritin tests regularly so you can monitor your iron levels.

If you've had l0 or more transfusions, it's time to ask your doctor to check for iron overload by doing a serum ferritin test. If you haven't kept track of how many transfusions you've had, talk to your doctor about serum ferritin testing.

Instructions. Use the clues below to solve each word puzzle.



Across

1. Gland that makes insulin
3. Where blood for transfusions comes from
5. Body's defense against germs
6. Process used to treat many blood conditions
8. Condition where blood doesn't carry enough oxygen
9. ________ recipient: a person who can receive type A, B, AB or O blood
10. Works with iron to carry oxygen
13. Letter code doctors use to identify blood

Down

2. Blood test for iron overload
4. Organ that pumps blood through the body
5. Condition where there is excess iron in the body
7. Organ that filters harmful substances from the blood
9. One bag of blood used for transfusions
11. Substance that gives your body energy
12. Type of blood cell that carries oxygen

Taking Control of Your Healthcare

We hope you have enjoyed **Be Transfusion Smart. Be Iron Smart.** You've taken important steps that will help you stay smart about transfusions and take control of your healthcare. Keep up the good work!

And remember, staying transfusion smart and iron smart includes these important things:

information

The more you know about iron overload, the better prepared you can be to reduce your risk of the serious health conditions it may cause.

communication

Want to know more about transfusions and iron overload? The best way is to talk with your doctor and ask lots of questions. You can start off by simply asking, "What's iron overload and am I at risk for it?"

action

How do you know if you have iron overload? Get a serum ferritin test — a simple blood test your doctor can request. Once you know your serum ferritin number, get tested every 3 months to track it.

options

If your serum ferritin number is over 1000 mcg/L, it's time to talk with your doctor about your treatment options. He or she can guide you in the right direction.

Answer Key

Activity 3: Where does the extra iron go?

1. Liver
2. Heart
3. Pancreas
4. Endocrine
5. Bones
6. Joints

Activity 4: IO Consequences Word Find

X	U	Q	U	Z	B	K	C	C	B	Q	I	F	L
L	I	V	E	R	D	I	S	E	A	S	E	S	W
H	T	W	O	R	G	D	E	Y	A	L	E	D	J
B	I	G	Y	N	C	L	Z	Y	Y	R	B	T	O
S	Q	U	N	S	E	R	U	T	C	A	R	F	I
I	U	J	J	M	Y	R	A	I	Q	H	S	U	N
S	B	S	K	I	N	C	O	L	O	R	E	D	T
O	T	N	I	O	J	L	B	I	I	K	T	E	P
H	E	R	U	L	I	A	F	T	R	A	E	H	A
R	D	K	N	K	N	R	Q	R	J	R	B	X	I
R	D	A	V	R	Q	F	L	E	P	D	A	G	N
I	G	H	B	W	O	G	E	F	A	F	I	K	Y
C	K	R	M	M	E	Y	C	N	I	A	D	Y	E
G	I	I	T	P	Q	C	C	I	N	H	R	Q	C

Activity 5: Transfusions and IO Crossword

Across	Down
1. Pancreas	2. Serum ferritin
3. Blood donor	4. Heart
5. Immune System	5. Iron overload
6. Transfusion	7. Liver
8. Anemia	9. Unit
9. Universal	11. Oxygen
10. Hemoglobin	12. Red
13. Blood type	

I0 means risk for I0

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transfusIOns?

If you’ve had
I0 or more,
you need to
know more.

Be transfusion smart
Be iron smart

10 means risk for 10

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