

*Arthritis Sufferers of Celtic or Northern European Descent  
May Also Have Canada's Most Common Genetic Disorder*

## **HEREDITARY HEMOCHROMATOSIS (HHC)**

If you suffer from arthritis and are of Celtic or Northern European descent you may also have hereditary hemochromatosis (HHC). It is estimated the 30% of individuals with HHC suffer with some form of arthritis. If you have arthritis, particularly in the knuckle and first joint of the first and second fingers and also have any of the symptoms listed below, you should discuss your symptoms with your physician. If hereditary hemochromatosis is suspected, your physician will need to order a FASTING iron saturation percentage (TSat) and a serum ferritin test. If both test results are elevated, the next step is a HFE genetic test to clinically confirm the diagnosis of hereditary hemochromatosis. All the tests are covered by your provincial medical plan.

### **Do you suffer from any of the following symptoms?**

- chronic fatigue
- abdominal pain and bloating
- loss of body hair
- loss of libido and/or erectile dysfunction in men
- loss of libido and irregular periods and/or early menopause in women
- pigmentation of the skin resembling a bronzed sun tan or slate grey colour
- personality changes, mood swings; anger and depression
- thyroid problems, sudden weight loss
- elevated liver enzymes, cirrhosis, liver disease
- Diabetes (type 2), insulin resistant diabetes
- arrhythmia (an irregular heartbeat), cardiomyopathy (sluggish heart muscle)

## **HHC IS EASILY DIAGNOSED & EASILY TREATED**

**VISIT OUR WEBSITE FOR MORE INFORMATION  
WWW.TOOMUCHIRON.CA**