



*2% of Canadians with **Type 2 Diabetes** Have  
A Frequently Unknown Genetic Disorder*

## **HEREDITARY HEMOCHROMATOSIS (HHC)**

If you are of Celtic or Northern European descent and have any two of the symptoms listed below, you should discuss your symptoms with your physician and give him/her the literature you receive from us today. 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 2 of the following symptoms?**

- chronic fatigue
- arthritic pain and stiffness in the joints
- 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**