

Sample Letter to the Editor

Dear Editor,

*In the beginning, I had joint pain in my right foot and ankle. At 36, my doctor told me I was getting old. I became tired; anger and depression set in. My doctor prescribed anti-depressants. I then developed type II diabetes, and my doctor prescribed medication to control my blood sugar. Over time, my diabetes worsened, I lost weight, was continuously exhausted and became unable to work.

Six years from the start of my symptoms and three doctors later, I was diagnosed with hereditary hemochromatosis after finally having the proper tests.

Each year, the Canadian Hemochromatosis Society/Société canadienne de l'hémochromatose (CHS) declares May as a month of awareness to draw attention to hereditary hemochromatosis, a condition that causes the body to absorb and store too much iron from the diet. The excess iron is stored in vital organs and tissues, and if not removed in time, can cause serious diseases of the liver, heart, pancreas and joints. Because symptoms mask themselves as more common conditions, diagnosis is often delayed or not made until post mortem.

There are one in 300 people in Canada living with this potentially fatal genetic disorder and most are unaware of it.

I am on a mission to encourage Canadians to learn more about the warning signs of hereditary hemochromatosis by visiting the CHS website www.toomuchiron.ca, or calling 1-877-223-4766. If I can save even one life through awareness of this disorder, I have made a difference.

Your name (City, Province)

*The blue coloured text represents your personal information/story that lead you or a family member/friend to a diagnosis.