

Iron Overload

About This Resource

These programs and organizations provide education, testing guidance, and clinical support for people with elevated iron levels or hereditary hemochromatosis. Resources include information on laboratory evaluation, phlebotomy programs, genetic counseling, and family screening to prevent long-term complications such as liver cirrhosis, diabetes, and heart disease.

National & Regional Resources

- **American Hemochromatosis Society (AHS)**

Patient education, advocacy, and guidance for family screening and testing.

 hemochromatosis.org

- **Iron Disorders Institute (IDI)**

Practical guides on iron studies, safe phlebotomy, diet, and patient self-management.

 irondisorders.org

- **CDC – Hemochromatosis Information**

Public-health recommendations on genetic testing, early detection, and prevention of iron-related complications.

 cdc.gov/hereditary-hemochromatosis

- **National Society of Genetic Counselors (NSGC)**

Searchable national directory of licensed genetic counselors by ZIP code for hereditary hemochromatosis and related disorders.

 nsgc.org

Clinical & Support Programs

- **Texas Liver Care – Iron Overload Evaluation**

Comprehensive clinical evaluation for elevated ferritin or transferrin saturation, with coordination of phlebotomy and genetic testing when indicated.

 (682) 427-0200 |  texaslivercare.org

- **Carter BloodCare – Therapeutic Phlebotomy Program**

Donation-based therapeutic phlebotomy available for eligible patients under physician supervision.

 carterbloodcare.org | Multiple DFW locations

TLC Tips – Living Well with Iron Overload

- Keep copies of your iron studies (ferritin, transferrin saturation) and share results with family members.
- Encourage first-degree relatives (parents, siblings, children) to be screened. Early detection prevents complications.

For Support & Questions

Texas Liver Care | (682) 427-0200 | TexasLiverCare.org | info@TexasLiverCare.org | 617 Travis Ave, Fort Worth, TX 76104

Disclaimer: Educational use only. Not a substitute for professional medical advice or care. External resources are provided for convenience and do not imply endorsement by Texas Liver Care.

Last Updated March 2026

- Avoid iron supplements, high-dose vitamin C, or multivitamins containing iron unless prescribed.
- Limit alcohol intake and avoid raw shellfish, which can carry *Vibrio vulnificus*, a bacteria dangerous for iron overload patients.
- Stay consistent with therapeutic phlebotomy or blood donation schedules to maintain safe iron levels.

For Support & Questions

Texas Liver Care | (682) 427-0200 | TexasLiverCare.org | info@TexasLiverCare.org | 617 Travis Ave, Fort Worth, TX 76104

Disclaimer: Educational use only. Not a substitute for professional medical advice or care. External resources are provided for convenience and do not imply endorsement by Texas Liver Care.

Last Updated March 2026