

EMPOWER HEALTH

CAN YOUR PATIENT BENEFIT FROM IRON IV INFUSIONS?

Did you know that low iron is not always caught with a serum ferritin level?

- Sometimes normal lab results need to be further analysed due to interfering or complicating factors. For example, chronic inflammation or infections can cause elevated ferritin levels even though actual iron levels are low.
- Ferritin level in the 'normal' range doesn't always indicate optimal health.
- Even with normal hemoglobin and blood count levels, this may not indicate what is optimal for each individual patient .

The Benefits of IV Iron Sucrose (Venofer) for Your Patients:

Iron Sucrose infusions replenish iron stores more quickly and is effective even in patients who have problems with impaired absorption. Iron Sucrose infusions are given in smaller doses (200mg) over a series, which is shown to be safer and less allergenic than other forms, including Iron Dextran, which is often done in hospital settings. Doing iron infusions in a series over 2 weeks with supportive nutrients, may lead to longer lasting increases in iron levels and less side effects than with a single high dose.

Indications for Iron Infusions:

- Anemia, low ferritin
- Anemia of chronic disease
- Fibromyalgia, thyroid disease, autoimmune conditions and gut malabsorption
- Mitochondrial dysfunction

Symptoms Indicating Iron Deficiency:

- Fatigue or weakness
- Cold hands & feet
- Dizziness upon rising
- Lightheadedness
- Headaches
- Hair loss
- Easy bruising
- Pale skin
- Restless legs
- Lack of concentration
- Light periods (not on birth control)
- Exercise intolerance/ weakness
- Fast or irregular heartbeats
- Shortness of breath
- Depression

Dr. Joel Kailia MD

P: 604-336-2844 / F: 604-336-2845

#305-2730 Commercial Drive, Vancouver BC, V5N 5P4

Dear Doctor,

I am a Vancouver-based family practitioner with additional expertise in pain, mental health, and addiction management. I practice as a part of an integrative health team at Empower Health Wellness Centre.

Your patient is interested in seeing me for an assessment to consider iron infusions. I will be focusing only on your patient's concerns as it relates to iron deficiency for the purpose of this referral. Please ensure that all other medical conditions remain under your care (or other relevant specialists) and are stable.

If there are no contraindications for iron therapy identified, your patient will be given infusions of Iron Sucrose (Venofer) via an individualised protocol with the goal of reaching optimal serum levels and clinical effects.

Patients receiving iron infusion protocols require repeat labs at regular intervals. We will keep you up to date with your patient's care related to iron infusions.

Labs required for a functional iron level analysis are the following:

- **CBC, ferritin, transferrin, TIBC (or Iron Sat) prior to treatment**
- **Labs repeats 3-4 weeks post infusion series (roughly 8 weeks from start of tx)**
- **Labs done within 90 days will be accepted**

To expedite the process, please provide your patient with a lifelabs requisition with the above, along with x1 repeat to be done 3-4 weeks post iron infusion series. Please cc Dr. Joel Kailia - Empower Health #27131 on the requisition. Note: If you cannot provide these initial labs, it will be included as part of their initial assessment, and will require additional visit(s) to review these labs prior to treatment.

Labs required for ongoing monitoring to assess whether iron levels are holding:

- **CBC, ferritin, TIBC & Iron Saturation every 8-12 weeks after treatment**
- **Additional infusions may be required to get iron levels to hold**

Please fill in the attached referral form with the appropriate patient medical information requested and return it by fax to 604-336-2845.

Feel free to contact me by phone, fax, or email if you wish to discuss this referral, treatment plan, or any questions or concerns you may have.

Sincerely,

Dr. Joel Kailia, MSc, MD, CCFP 22783

WHAT DO I NEED TO KNOW AS A PATIENT?

Even if you are experiencing the symptoms indicating iron deficiency there may be something else going on that needs to be ruled out including:

- Hypothyroidism
- Other sources of bleeding (including cancer)
- Stomach ulcers (Peptic Ulcer Disease)
- Nutrient deficiency: B12, B9
- Pregnancy
- GI illness (IBD, celiac disease)
- Cardiac or renal issues
- Recent surgery
- Heavy or Irregular menstrual cycles

SUPPORTIVE THERAPIES

To make the most of your iron infusions there are treatments that can be added to your protocol to improve their effectiveness and to support your overall wellbeing.

Vitamin infusions following iron infusions

The administration of IV nutrients following your iron infusions may help with both the absorption and cellular assimilation of the iron, which can be an underlying reason why past iron treatments have failed. They also reduce the risk of inflammation or irritation from the iron, while further replenishing and restoring your body's nutrient reserves. Often iron is not the only nutrient deficiency we experience.

Supportive IVs and other recommended supplementation may include:

- Methylated B12
- Methylated Folate
- B complex
- Vitamin C
- Magnesium
- Zinc

What if iron infusions don't work?

If your lab results are not improving on your repeat labs that are taken 3-4 weeks post infusion series, there are some other potential areas you may want to consider having investigated. We are happy to support you with this process.

OTHER AREAS OF TREATMENT CONSIDERATION WHEN IRON NOT INCREASING:

- Low Magnesium, Low Zinc
- Gut infections
- Autoimmune disease
- Thyroid disease
- Mitochondrial dysfunction

TREATMENT PLAN & COST

By getting a referral from your primary care provider there is no cost for the assessment visit with our doctor related to the iron infusions as it will be covered by MSP.

Schedule:

- A series of 5 infusions of 200mg/each is scheduled over a 2 week period
- 1000mg is the recommended total dose to have a lasting effect on your iron levels.

Pricing:

- Each IV: \$215
- Total cost for 5 IVs: \$1075
- *Discounted cost when completed within a series of 5: \$975*

Optional Test Dose:

- If the doctor recommends it, or on request, you may be scheduled for an initial test dose of 100mg (*in replacement of the first full dose*).
- Cost: \$155

Patients with extended health benefits may be eligible to have some or all of the cost for iron infusions covered under medical or prescription services. Patients should inquire about individual coverage of Venofer through their provider prior to the first treatment. Patients may also receive receipts from Empower Health to submit claims.

CONTACT US:

To book in for your iron infusion IV or to learn more, contact us at:

Empower Health Wellness Centre

#305 - 2730 Commercial Dr., Vancouver BC

t: (604) 336-2844

e: betternow@empowerhealth.ca