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Iron deficiency screening test

The test of choice for detecting iron deficiency is plasma ferritin (Fer) which is reduced in relation to iron deficiency.

Measuring blood iron concentration is not a suitable test for detecting iron deficiency. Persistent iron deficiency may cause anaemia which manifests as gradually increasing fatigue, weakness, shortness of breath, loss of productiveness, pale skin. It’s not necessary to fast or stop taking iron supplements before measuring ferritin. In case of inflammation, ferritin concentration does not conform to the body’s iron stores. Inflammation is indicated by an increase in C-reactive protein concentration.