



## Problems Caused due to the Excessive Iron Content in the Liver

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### DESCRIPTION

Problematic levels of extra iron build up in the body due to hemochromatosis. Without therapy, hemochromatosis can result in iron overload, a build-up of iron that can impair your liver, heart, pancreas, endocrine organs, joints, and more. Hemochromatosis can result in side effects such as feeling exhausted or weak, pain in the joints, lack of interest in sex or erectile dysfunction, pain in the mid-region over the liver, and darkening of skin tone. These consequences are brought on by the growth of harmful levels of iron. The type of hemochromatosis that is most well-known is caused by quality modifications.

Professionals examine hemochromatosis in light of blood tests to look at the amounts of iron and specific proteins in the blood as well as to search for quality changes that typically cause hemochromatosis. In some cases, doctors will also do a liver biopsy to confirm the presence of iron overload. Treatment for hemochromatosis can prevent problems and worsen unwanted effects. Typically, doctors use phlebotomy to treat hemochromatosis, which involves taking 16 ounces of blood at a time on a regular schedule. This is the fastest and safest way to reduce your body's iron reserves.

If you have hemochromatosis, you should maintain a healthy, balanced diet. Your PCP may advise limiting alcohol intake, avoiding iron and L-ascorbic acid supplements, and avoiding raw shellfish. If you have cirrhosis, you should completely give up drinking. The majority of the time, particular changes in the HFE quality cause genetic hemochromatosis. If you inherit two of these variants-one from each parent you have hereditary hemochromatosis and run the risk of developing high amounts of iron. Talk to your PCP about hereditary testing if you have a known case of innate hemochromatosis in a relative, preferably a close related.

In the US, the prevalence of hereditary hemochromatosis is around 1 in 300 Non-Hispanic white people; rates among people of other races and ethnicities are lower. Many people who have hereditary hemochromatosis are unaware of their condition. Hemochromatosis can first present with symptoms that are typical but can be confused for other disorders, such as fatigue or weakness. Men who have hemochromatosis genetically are destined to have complications, often at a younger age. One in ten men with hereditary hemochromatosis is predicted to develop severe liver disease, or 9% of them. Despite this, a large percentage of individuals with hereditary hemochromatosis never experience complications or adverse effects.

Because of genetic hemochromatosis, your body absorbs a lot of iron from your diet. Your organs, especially your liver, heart, and pancreas, store a lot of iron. Dangerous conditions like diabetes, heart disease, and liver disease can result from an overabundance of iron. The characteristics that lead to hemochromatosis can be acquired, but only a small percentage of people ever experience challenging problems. Hemochromatosis caused by genetics often manifests as symptoms and adverse effects in middle age. The process of treatment includes routinely removing blood from your body. This treatment lowers iron levels because red platelets hold a significant amount of the body's iron. You can worsen hemochromatosis if you consume a lot of food types that are high in L-ascorbic acid or take a lot of it orally. This is due to the fact that L-ascorbic acid helps your body absorb iron from diet.

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### CONFLICT OF INTEREST

Authors declare no conflict of interest.

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