Table 4. **Conditions that can result in iron loading**

**Genetic disorders**
- Aceruloplasminemia
- African siderosis
- Hemochromatosis
  - Types 1, 2, 3, 4
- Hemoglobinopathies
  - Sicklemia
  - Thalassemia
- Myelodysplasia

**Behavioral factors**
- Ingestion of excessive amounts: heme (red meat); ethanol; iron supplements; ascorbic acid; iron-adulterated food
- Inhalation of items that contain or are contaminated with iron: asbestos; coal; sand; tobacco smoke; industrial sources of iron; urban & subway air particulates
- Injection of excessive amounts of iron saccharates, whole blood or erythrocytes

**Pathological conditions**
- Release of body iron into plasma in hemolytic conditions; hepatitis; myelo-ablative conditioning prior to cell/tissue transplant
- Splenectomy