

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

Genetic disorders

Aceruloplasminemia
African siderosis
Hemochromatosis
 Types 1, 2, 3, 4
Hemoglobinopathies
 Sickleemia
 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