What does your Iron level say about You?

Join WHF in observing July as National Hemochromatosis Awareness Month.

**Definition:** Hereditary hemochromatosis (he-moe-kroe-muh-TOE-sis) causes your body to absorb too much iron from the food you eat. The excess iron is stored in your organs, especially your liver, heart and pancreas. The excess iron can poison these organs, leading to life-threatening conditions such as cancer, heart arrhythmias and cirrhosis.

With a simple blood screening can help with early detection of excessive iron build up in the blood. WHF offers a distinctive 32-level Chemistry profile that includes Iron Binding Capacity, total iron, transferrin saturation, and unbound IBC. These measure the amount iron bound to protein (transferrin) that carries iron in your blood. WHF also offers a Ferritin screening to help screen for Hemochromatosis. These key screenings have identified the need for further investigation and have literally saved lives in Wyoming communities. If any member of your family is diagnosed with Hemochromatosis, it is recommended, even in healthy people, to do these screenings to establish if there is a need for genetic screening with your doctor to assess your risk factor.

Hemochromatosis is not a blood disease. It is an inherited metabolic condition that causes a person to absorb extra iron from the diet. The body has no natural way to get rid of excess iron except through blood loss or in some cases with medications formulated to remove iron.

Hereditary hemochromatosis is caused by a mutation in a gene that controls the amount of iron your body absorbs from the food you eat. The mutations that cause hereditary hemochromatosis are passed from parents to children.

Signs and symptoms usually appear in midlife. Iron can be dropped to safe levels by regularly removing blood from your body.

(continued Page 2)
HOW HEMOCHROMATOSIS AFFECTS YOUR ORGANS

Iron plays an essential role in several body functions, including helping in the formation of blood. A peptide hormone called hepcidin, secreted by the liver, plays a key role in the body's use of iron. It controls how much iron is absorbed by the intestines, how iron is used in various body processes and how it's stored in various organs.

In hemochromatosis, the normal role of hepcidin is disrupted and your body absorbs more iron that it needs. This excess iron is stored in the tissues of major organs, especially your liver. Too much iron is toxic to your body, and over a period of years, the stored iron can severely damage many organs, leading to organ failure and chronic diseases such as cirrhosis, diabetes and heart failure. Though many people have faulty genes that cause hemochromatosis, only about 10 percent have iron overload to the degree that causes tissue and organ damage.

Written by Debbie Melin
*Data gathered from Mayo Clinic Staff and the American Hemochromatosis Society

Rant & Rave!

Sharing stories of life-saving discoveries...

“I discovered I had hereditary hemochromatosis by getting tested by Wyoming Health Fairs!” ~ Kevin R.

“You saved a girl’s life! My daughter was diagnosed with hemochromatosis. The diagnosis was made possible because WHF includes a total iron level in their general Chemistry Profile.” ~ Patricia K.

“The information provided by the blood panel alone can assist an individual in making decisions to change health behaviors. The Wyoming Department of Education encourages its employees to utilize the services available through Wyoming Health Fairs. We recognize the importance of happy, healthy employees for a productive and energetic workforce.” ~ Judy Catchpole, Superintendent of Public Instruction, 2002

Your Opinion Matters! Share it here HTTP://FEEDBACK.WHF.TO
Our beautiful Wyoming summer is fully upon us! Summer is a season full of soul. Summer is a celebration of the earth’s incredible bounty. Take vacations. Spread good words. Connect with loved ones. Find a sacred spot to watch the sunrise. Create whole days of celebration under the fire. We are all connected - people, planet, and sun. Summer days and nights remind us just how precious each day and season is, because it’s the present. Our own little gift we will never have again.

~ Ryea’ O’Neill

Where are you on your Journey? Activate your portal at HTTP://WOW.WHF.TO today to track your Journey!

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**WOW PROGRESS**

**AS OF JUNE 2013**

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“A wise man should consider that health is the greatest of human blessings.”

~ Hippocrates

Use the beautiful summer weather to get moving and enhance your blessings!

~ Tammy’s Corner ~
**Beef and Vegetable Kebabs**

Dietitian’s tip: Marinating meat before grilling not only adds flavor but also reduces the chance that cancer-causing substances will form on the meat during grilling. Marinating also helps keep meat from burning and charring. Serves 2.

**INGREDIENTS**
- 1/2 cup brown rice, follow cooking instructions
- 4 ounces top sirloin (choice)
- 3 tablespoons fat-free Italian dressing
- 1 green pepper, seeded and cut into 4 pieces
- 4 cherry tomatoes
- 1 small onion, cut into 4 wedges
- 2 wooden skewers or metal skewers

**DIRECTIONS**
Cook brown rice according to package directions. Add more water if necessary to keep the rice from drying out. Transfer to a small bowl to keep warm.

Cut meat into 4 equal portions. Place meat in small bowl and pour Italian dressing over top. Place in refrigerator for at least 20 minutes to marinate, turning as needed.

Prepare charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat grill rack or broiler pan with cooking spray. Position cooking rack 4 to 6 inches from the heat source. Thread 2 cubes of meat, 2 green pepper slices, 2 cherry tomatoes and 2 onion wedges onto each skewer. Place kebabs on grill rack or broiler pan. Grill or broil the kebabs for about 5 to 10 minutes, turning as needed. Top rice serving with 1 kebab and serve immediately.

**For Nutritional Analysis visit**
https://www55.mayoclinicembodyhealth.com/go/docID/NU00369

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**Squats** are great strength building and toning exercises. They can be done anywhere! Watching TV, at your desk, walking to your car, while cooking, or even mowing the lawn! Try these moves the next time your on your feet.

**STEP 1: Plié Squat**

Tones inner thighs, quads, hamstrings and calves.

Stand tall with feet wider than shoulders, legs straight, abs engaged and toes turned out at a 45-degree angle. Inhale and bend only your knees (don’t bend forward at the hips) until your thighs are nearly parallel to the floor.

**STEP 2: Plié Squat**

Be sure to breathe! In through the nose out through the mouth...

Make sure your knees do not pass the line of your toes and keep your back vertical. As you lower to the floor, think about pointing your tailbone down—not out and back. Exhale and squeeze your inner thighs toward each other as you straighten your knees to complete 1 repetition.