

Talking With Your Family Members About Hemochromatosis

You have been diagnosed with hemochromatosis, a disease that causes your body to absorb too much iron. This condition is usually passed on through genes and may run in families.

Immediate family members who are related to you by birth (blood relatives) need to talk with their doctor about getting a simple blood test to determine if they have too much iron in their body.

Attached is a letter that you can give to your immediate family members (blood relatives) to tell them about hemochromatosis and the blood test they should get.

Family members who are NOT blood related (husband or wife, adopted children, sister-in-law and so forth) do NOT need to see this letter. Only people who are related by blood share the same genes and need to get tested.

Please give a copy of the letter to each of these blood relatives:

- All of your sisters
- All of your brothers
- Your mother
- Your father
- All of your adult children (if you have younger children, be sure to tell your doctor)
- Both of your grandmothers – on mother's AND father's side of the family
- Both of your grandfathers – on mother's AND father's side of the family

If you have questions about this letter, please call our office at

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You can learn more about Hemochromatosis on the Internet at the website provided by the Centers for Disease Control and Prevention:

<http://www.cdc.gov/nccdphp/dnpa/hemochromatosis/index.htm>

Free access to the Internet is available at your local public library.



Department of Health and Human Services
Centers for Disease Control and Prevention

