



Living with Hemochromatosis

Gregory T Everson MD FACP, Marilyn Olsen

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One of the most common genetic disorders in America is also one of the most frequently misdiagnosed. But anyone who has just learned they have hemochromatosis will have lots of questions: How did I get it? Can I pass it to my children? How can I avoid organ damage? The answers are in *Living with Hemochromatosis* by Dr. Gregory T. Everson and Hedy Weinberg.

Over 30 million people in the United States carry the gene for hemochromatosis, and almost 2 million have developed the condition. Hemochromatosis, also known as "iron overload" or "bronze diabetes," causes the body to retain much more iron than it should. Because it is often not diagnosed until the patient is over 40 years old, the long-term iron buildup can damage not only cells and tissues, but also larger organs including the heart and liver.

But there is hope. *Living with Hemochromatosis* guides patients through the whole spectrum of this condition, from early to delayed diagnosis, and answers their questions. It contains valuable information about recognizing the signs and symptoms of hemochromatosis and why it is frequently misdiagnosed.

Living with Hemochromatosis also offers advice about genetic testing, and how to interpret the results. There is up-to-date information about treatment options, including phlebotomy, liver transplants, and new areas of research. The authors provide patients and their families with guidance on coping with the physical, emotional, and financial issues, as well as nutritional recommendations and much more. 25 b/w photos.

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