

Links and Information on Iron

Compiled by parents of current and former SRHS runners

Overview Articles

Excellent overview article: <https://runnersconnect.net/iron-deficiency-in-runners/>

The following article has some specific information about the difference between testing for hemoglobin and ferritin:

The Long Distance Runner's Anemia: A Paper from a coach to his athletes (David Frank, 2006)

<http://www-bths.stjohns.k12.fl.us/crosscountry/wp-content/uploads/sites/13/2014/05/Anemia-Research-Paper.pdf>

After a blood test during a routine physical process, there are times when a doctor will tell an athlete their iron levels are “fine”. For an endurance athlete, this is not sufficient. We want to ensure that an athlete is tested for, and give the number of, ferritin levels. See this attached letter from a doctor well-versed in the issue. Use this letter to educate yourself for conversations with your athlete's doctor:

<https://docs.google.com/document/d/1Eb90w1scfts2ZAYUa-3rIOc8sGKzhVKkmHMBg2MF2ac/edit?tab=t.0>

Articles – Scientific

Case Study: XC runner who is iron deficient

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2953317/>

Dietary Guidelines

<http://www.irondisorders.org/diet/>