



Tuesday, February 10, 2015

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“Blood Donors Benefit From a Low-Dose Iron Supplement”

TEASE RUNS: 04 (people donating blood)

Can an iron supplement be helpful after donating blood? Find out next.

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INTRO: The blood supply is a precious resource, and it’s important for donors to recover iron levels before their next donation. Up to 35 percent of people who regularly donate blood can become iron deficient, which can lead to anemia. A new study evaluated whether taking a low-dose iron supplement would help speed up recovery of iron levels after donating blood. Catherine Dolf has more in this week’s JAMA Report.

VIDEO	AUDIO
B-ROLL Various shots of woman donating blood, vial filling with blood, blood in bag	AMERICANS CAN DONATE BLOOD AS OFTEN AS EVERY EIGHT WEEKS, BUT IT GENERALLY TAKES MUCH LONGER THAN THAT TO REGAIN THE IRON LOST AFTER DONATING BLOOD.
SOT/FULL Joseph E. Kiss, M.D., - Institute for Transfusion Medicine Super@:07 Runs:10	“In the ten minutes it takes to donate a unit of blood you lose enough iron that it takes almost 24 weeks if you’re not on an iron supplement to regain that iron.”
B-ROLL Various shots of woman donor getting her hemoglobin test	BESIDES BASIC SCREENING QUESTIONS, THE ONLY LAB RESULT CHECKED PRIOR TO GIVING BLOOD IS A DONOR’S HEMOGLOBIN LEVEL.

NATSO/FULL Runs:04	“...your result is 16.5...that is an awesome hemoglobin count...”
SOT/FULL Joseph E. Kiss, M.D., - Institute for Transfusion Medicine Super@:27 Runs:06	“A lot of donors that donate have hemoglobin levels that are perfectly acceptable yet they are low in iron.”
B-ROLL Dr. Kiss talking with staff person, cu of Dr. Kiss, needle in arm drawing blood, man donating blood, graphic: over arm on chair, blood going into vials, blood machine, cu of blood machine	DR. JOSEPH KISS FROM THE INSTITUTE FOR TRANSFUSION MEDICINE IN PITTSBURGH AND CO-AUTHORS EXAMINED 215 FREQUENT BLOOD DONORS, AGES 18 TO 79. ONE GROUP HAD LOW IRON LEVELS. THE OTHER GROUP, ADEQUATE IRON LEVELS. WITHIN THOSE TWO GROUPS, HALF THE PATIENTS WERE GIVEN A LOW-DOSE IRON SUPPLEMENT EVERY DAY FOR 24 WEEKS. THE OTHER HALF DID NOT GET THE SUPPLEMENT. HEMOGLOBIN AND IRON LEVELS WERE MEASURED THROUGHOUT THE 24-WEEK PERIOD.
SOT/FULL Joseph E. Kiss, M.D., - Institute for Transfusion Medicine Super@:57 Runs:16 (Video covering of bite: people giving blood)	“Taking a low-dose iron supplement was effective in shortening the time that it takes to recover your hemoglobin, was effective in shortening the time it takes to recover your iron levels and most of the donors tolerated the iron pretty well.”
GXF FULL JAMA COVER	THE STUDY APPEARS IN JAMA, JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION.
SOT/FULL Joseph E. Kiss, M.D., - Institute for Transfusion Medicine Super@1:06 Runs:08 (Video covering last part of bite: blood bags on a tray)	“What we also found was that the oral iron tablets improved hemoglobin recovery in the group that we did not feel was iron deficient.”
B-ROLL Cu of blood bags on a tray, technician prepping to draw blood	BLOOD CENTERS IN THE U-S DO NOT TEST IRON LEVELS IN BLOOD DONORS AND ARE CURRENTLY NOT READY TO IMPLEMENT THIS TESTING.
SOT/FULL Joseph E. Kiss, M.D., - Institute for	“We want donors to be aware of their iron health. We want their doctors to also be aware that blood donation

Transfusion Medicine Super@1: Super@1:32 Runs:14 (Video covering middle and end of bite: people giving blood)	is part of their patient's history and to assist them in sorting that out and maybe checking iron status in blood donors."
B-ROLL People giving blood	CATHERINE DOLF, THE JAMA REPORT.

TAG: WOMEN DONATING TWO OR MORE TIMES A YEAR AND MEN DONATING THREE OR MORE TIMES A YEAR ARE CONSIDERED FREQUENT BLOOD DONORS AND MORE LIKELY TO BE IRON DEFICIENT.

Please see the complete study for additional information, including other authors, author contributions and affiliations, financial disclosures, funding and support, etc.

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ADDITIONAL SOUNDBITES:

QUOTE 1 Runs:19

"Iron is involved in the origin or the production of red blood cells in the body. If your body is low in iron and the amount that you've lost with donating blood exceeds the amount you can keep up with you can develop iron deficiency and that can lead to anemia."

QUOTE 2 Runs:10

"One solution would be to tell donors to wait longer than eight weeks to recover hemoglobin and iron levels but this might compromise sufficiency of the blood supply."