

JAMA[®] The Journal of the American Medical Association **RADIO REPORT**

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Producers can download mp3 versions of the packages, and are free to edit the pieces and/or use the actualities as best suits their stations' needs.

**This week's package, embargoed until:
11a.m. (ET) Tuesday, February 10, 2015 is:**

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

Radio script (TRT:59)

EMBARGO: 11 a.m. (ET) Tuesday, February 10, 2015

VO: THE BLOOD SUPPLY IS A PRECIOUS RESOURCE, SO IT'S IMPORTANT FOR DONORS TO RECOVER IRON LEVELS BEFORE THEIR NEXT DONATION. A NEW STUDY EVALUATED WHETHER TAKING A LOW-DOSE IRON SUPPLEMENT WOULD HELP SPEED UP RECOVERY OF IRON LEVELS AFTER GIVING BLOOD.

“A lot of donors that donate have hemoglobin levels that are perfectly acceptable yet they are low in iron.”

VO: 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. THE STUDY APPEARS IN JAMA, JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION.

“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.”

CATHERINE DOLF, THE JAMA REPORT.

