



Mineral Deficiency Linked to Skin Changes

Description

Wrinkles, dark circles beneath the eyes, and dull skin may indicate more than just superficial skin issues. The term “ferritin face” has recently gained traction as a social media hashtag, signalling potential low levels of ferritin, an important protein that stores iron in the body. This condition does not always appear in standard blood tests.

Iron deficiency, a common ailment affecting approximately one in three adults, can develop in two ways: there can be an adequate amount of iron stored in the body, yet it becomes unavailable for use, or there can be a significant reduction in iron reserves. Social media users have been sharing experiences of pale skin, dull lips, and dark circles, labelling these symptoms as “ferritin face”.

Personal accounts highlight the concern, with individuals stating their appearance feels unnaturally fatigued, prompting worry regarding their health. Although not a clinical diagnosis, “ferritin face” can imply low iron stores, potentially leading to a host of symptoms such as extreme fatigue, coldness in extremities, and breathing difficulties.

Medical professionals underscore the widespread issue of low iron levels, particularly among women. A report from JAMA Open Network indicated that 34% of women aged 18 to 50 are iron deficient. Dr. Tania Elliot, an internal medicine specialist, remarked that many women may not readily associate changes in their appearance with low ferritin levels, largely because ferritin tests are not routinely ordered by doctors.

Ferritin levels are typically considered normal between 20 to 200 nanograms per millilitre for women and 20 to 500 nanograms for men. To properly assess iron levels, a ferritin test is conducted if a complete blood count demonstrates low hemoglobin, symptoms of deficiency are present, or if there's a risk of deficiency due to factors such as pregnancy or heavy menstrual bleeding.

Vocabulary List:

1. **ferritin** //ˈfɛrətɪn// (noun): protein in the body that stores iron
2. **deficiency** //dɪˈfɪʃənsi// (noun): not having enough of something needed
3. **hemoglobin** //ˌhɛməˈɡloʊbɪn// (noun): a blood protein that carries oxygen
4. **assess** //əˈsɛs// (verb): to examine and judge something's condition
5. **routinely** //ˈrutənli// (adverb): done regularly as part of normal practice
6. **superficial** //ˌsuːpərˈfɪʃəl// (adjective): only on the surface; not deep or serious



Comprehension Questions

Multiple Choice

1. What is indicated by the term 'ferritin face'?
 - Option: High iron levels
 - Option: Low levels of ferritin
 - Option: Normal skin condition
 - Option: Iron overload
2. Which demographic is highlighted as particularly affected by low iron levels?
 - Option: Men aged 60 and above
 - Option: Teenagers
 - Option: Women aged 18 to 50
 - Option: Children
3. What percentage of women aged 18 to 50 are reported to be iron deficient?
 - Option: 10%
 - Option: 34%
 - Option: 50%
 - Option: 75%
4. Which of the following symptoms is NOT associated with iron deficiency?
 - Option: Extreme fatigue
 - Option: Dull skin
 - Option: Increased energy levels
 - Option: Coldness in extremities
5. What does a ferritin test help to assess?
 - Option: Blood pressure
 - Option: Iron levels
 - Option: Vitamin D levels
 - Option: Calcium levels
6. What is considered a normal ferritin level for women in nanograms per millilitre?
 - Option: 20 to 100



- Option: 20 to 200
- Option: 20 to 500
- Option: 50 to 300

True-False

- 7. Ferritin face is a clinical diagnosis.
- 8. Dark circles beneath the eyes are a symptom associated with ferritin face.
- 9. Ferritin tests are routinely ordered by doctors.
- 10. Iron deficiency affects approximately one in three adults.
- 11. Pale skin and dull lips are symptoms that users have shared on social media pertaining to ferritin face.
- 12. Low ferritin levels can lead to symptoms like breathing difficulties.

Gap-Fill

- 13. Ferritin face may indicate low levels of ferritin, an important protein that stores iron in the body and may lead to symptoms such as extreme fatigue and _____.
- 14. A ferritin test is conducted if a complete blood count demonstrates low hemoglobin or if there's a risk of deficiency due to factors such as pregnancy or _____.
- 15. Ferritin levels are typically considered normal between 20 to 200 nanograms per millilitre for women and 20 to _____ for men.
- 16. Roughly one in three adults experience iron deficiency, which may present as changes in appearance like dull skin and _____.
- 17. Individuals with ferritin face concern may observe their appearance feeling unnaturally fatigued,



prompting worry regarding their _____.

18. Dr. Tania Elliot remarked that many women may not readily associate changes in their appearance with low ferritin _____.

Answer

Multiple Choice: 1. Low levels of ferritin 2. Women aged 18 to 50 3. 34% 4. Increased energy levels 5. Iron levels 6. 20 to 200

True-False: 7. False 8. True 9. False 10. True 11. True 12. True

Gap-Fill: 13. coldness in extremities 14. heavy menstrual bleeding 15. 500 16. dark circles 17. health 18. levels

CATEGORY

1. Business - LEVEL6

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1. ESL learning
2. esl news
3. ferritin
4. health
5. Level 6
6. mineral deficiency

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