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Iron Deficiency Anemia

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Abstract:

The object of this paper is to draw attention to iron deficiency anemia which is the most common nutritional disturbance in infants and children. Iron deficiency anemia constitutes the most prevalent form of anemia in this age group. The records of infants and children admitted to the Pediatric Department of Tehran University Pahlavi Hospital for various ailments during a one year period (March 1383 - H.H.1384) were analyzed. 262 infants and children out of a total number of 450, or 71.3%, showed iron deficiency anemia detected by blood film studies and hemoglobin determination. The majority, 123 or 43.1%, of these patients were infants and children between six months and two years of age. The etiology indicates that faulty feeding is the main cause. Infections, parasites, and hemorrhage were among other causes observed. With regard to treatment, parenteral iron was preferred because of its effectiveness in short periods of hospital stay. In conclusion, the routine study of blood films and hemoglobin determination, especially in the low socio-economic group of medically less organized countries is advised.

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