

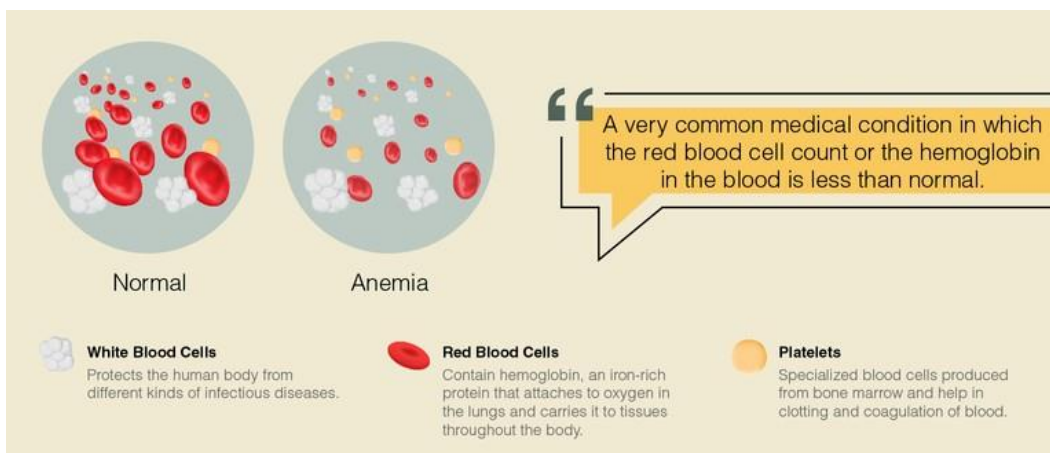
## IRON DEFICIENCY ANEMIA

### Introduction

It is a common type of anemia, defined as a lack of sufficient healthy red blood cells in the blood. Red blood cells deliver oxygen to the tissues of the body.

Iron deficiency anemia, as the name implies, is caused by a lack of iron. The body cannot produce enough of a substance in red blood cells that allows them to carry oxygen if there's lack of enough iron (hemoglobin).

Anemia affects approximately 25% of the world's population. The most common cause of anemia is iron deficiency, which accounts for 50% of all cases.



### Causes

**Inability to absorb iron-** Iron deficiency anemia can be caused by an intestinal disorder that impairs the intestine's ability to absorb nutrients from digested food.

**Lack of iron in the diet-** Eating too little iron for an extended period of time can cause a deficiency in your body.

**Menstruation and pregnancy-** Heavy menstrual bleeding and pregnancy require more iron for the body to produce enough oxygen for the baby.

**Internal bleeding-** Internal bleeding caused by certain medical conditions can lead to iron deficiency anaemia.

**Genetics-** Some diseases, such as celiac disease, can make it difficult to absorb enough iron and are passed down through families.

### Diagnosis

**Complete blood count (CBC) test -** This test is typically the first test used by a doctor. The CBC test determines the concentration of cellular or cell-related components in the blood. The CBC provides blood information that can be used to diagnose iron deficiency anemia. A CBC test is usually used to confirm anemia. Other tests may be ordered by your doctor to determine the severity of your anemia and to aid in treatment decisions.

Other tests, such as endoscopy or a fecal occult test, may be performed to determine whether there is any internal bleeding.

### Treatment

**Iron supplements-** it can help restore iron levels in the body. If possible, take iron tablets on an empty stomach to help the body absorb them better.

### Diet

Iron deficiency can be treated or prevented by eating the following foods - red meat, dark green leafy vegetables, nuts & iron-fortified cereals

Furthermore, vitamin C may aid in iron absorption. If the person is taking iron tablets, a doctor may advise them to take them with a source of vitamin C, such as a glass of orange juice or citrus fruit.



### Symptoms

- ◆ Pale skin
- ◆ Weakness
- ◆ Brittle nails
- ◆ Extreme fatigue
- ◆ Cold hands and feet
- ◆ Chest pain, fast heartbeat or shortness of breath
- ◆ Headache, dizziness or lightheadedness
- ◆ Inflammation or soreness of your tongue
- ◆ Unusual cravings for non-nutritive substances, such as ice, dirt or starch
- ◆ Poor appetite, especially in infants and children with iron deficiency anemia

**Reference**  
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2. Mayo clinic. (2022, January 4). Iron deficiency anemia. Retrieved from Mayo Clinic: <https://www.mayoclinic.org/diseases-conditions/iron-deficiency-anemia/symptoms-causes/syc-20355034>  
3. Warner, M. J., & Kamran, M. T. (2022, August 8). Iron Deficiency Anemia. Retrieved from ncbi.nlm.nih: <https://www.ncbi.nlm.nih.gov/books/NBK448065/>