

IRON DEFICIENCY ANAEMIA

(M/c anaemia in India)

- ✓ Causes
- ✓ Signs & Symptoms
- ✓ Investigations
- ✓ Treatment

- * RDA for iron :-
 - Adult
Males :- 8mg
 - Females :- 18mg
- * Absorption of iron :- Duodenum
&
proximal jejunum
- * Iron rich diets :-
 - Green leafy vegetables
 - Dried fruits
 - Egg, Meat

Definition ⇒ Any anaemia which responds to adequate dosage of iron is k/a IDA

Causes :-

① Decreased intake

- Milk fed infants
- Foods with low iron

③ Increased demand

- Infancy
- childhood
- pregnancy
- menstruation

② Increased loss

- Acute haemorrhage
- chronic haemorrhage
 - Hookworms
 - peptic ulcers
 - piles
 - menstruatⁿ

④ Decreased absorption from GIT

- Malabsorption

Signs & symptoms :-

Fatigue

Weakness

Pallor

Dizziness

Palpitation

Lack of concentration

Headache

Irritability

• Pica :- Craving to eat clay (non food stuffs)

• Angry red tongue

• Nails :- Dry & Brittle

Spoon shaped (Koilonychia)

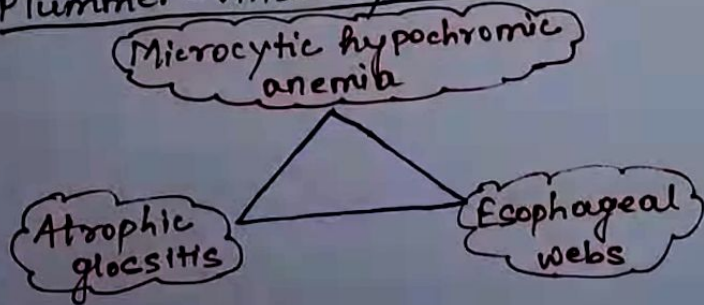
Longitudinal striations

Investigations :-

Blood Profile ⇒

- RBC - Microcytic hypochromic
- Haemoglobin - ↓
- MCV - ↓
- MCH - ↓
- MCHC - ↓
- RDW - ↑
- WBC & platelets - Normal

Plummer-Vinson Syndrome :-



Treatment :-

- ① Iron supplementation
- ② Vit. C supplements (to ↑ iron absorption)

Iron profile ⇒

- Se. Iron - ↓
- Se. Ferritin - ↓ (iron store)
- Se. Transferrin saturation - ↓
- TIBC - ↑
- Se. Transferrin - ↑

PBS ⇒

- "Microcytic hypochromic" RBC
- Enlarged zone of "central pallor" in RBC
- Poikilocytosis in form of "pencil cells"
- "Target cells"