



Incidence of anemia in child bearing women.

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Abstract:

Objective: The main aim of this study was focused on preventing the iron deficiency anemia by using simple test like CBC between the pregnant women belonging to three different socioeconomic status.

Place and duration of study: This study was carried out in a duration of 10 months from February 2018 to November 2018 in Mayo Hospital Lahore.

Material and Methods: 100 pregnant women having different financial status and were in late period of 1st trimester were included in this study. All the child bearing women were kept under keen observation for all the trimesters and their complete blood count was performed on regular basis to look for Hb, MCHC, HCT, and MCV. Pregnant women belonging to poor socioeconomic status have higher incidence of iron deficiency anemia. Highest incidence of iron deficiency was seen in patients in third trimester as compared to first and second trimester regardless of socioeconomic status of the family. Patients who were willing to take part in this study were selected and informed consent was taken from all the patients. Patients confidentiality was maintained as a top priority.

Conclusion: High incidence of iron deficiency anemia is seen in pregnant women of Pakistan regardless of the socioeconomic status which is disturbing. Diagnosis made by the simple tests like hemoglobin and erythrocytes count must be used for treatment to replace iron deficiency either by the use of iron preparations or dietary modifications instead of waiting for the superior diagnostic tests.

Keywords: Child bearing mothers, iron deficiency, anemia, food modification

Introduction: Decrease in hemoglobin count of the body is defined as anemia. It can be either due to the decreased production of red blood cells or increased bleeding. In under developed countries recurrence rate of anemia is very high. Among all the different types of anemia iron deficiency is the most common type regardless of the diet and socioeconomic status of in these countries. This disease affects around two third of all the pregnant population in under developed countries.

Decreased levels of hemoglobin to 12-14% in women and 14-16% in men is labeled as anemia. Decreased hemoglobin level results in decreased oxygen supply to the peripheral areas of the body. The most common problem of the pregnancy is anemia and iron deficiency being at the top. In large number of females iron deficiency is becoming more common even in the first trimester of the pregnancy despite the reason that more iron is needed in second and third trimester of the pregnancy where iron deficiency is more common and this deficiency goes along the whole duration.

Material and Methods: 100 pregnant women having different financial status and were in late period of 1st trimester were included in this study. All the child bearing women were kept under keen observation for all the trimesters and their complete blood count was performed on regular basis to look for Hb, MCHC, HCT, and MCV. Pregnant women belonging to poor socioeconomic status have higher incidence of iron deficiency anemia. Highest incidence of iron deficiency was seen in patients in third trimester as compared to first and second trimester regardless of socioeconomic status of the family. Patients who were willing to take part in this study were selected and informed consent was taken from all the patients. Patients confidentiality was maintained as a top priority.

Results: 100 pregnant women having different financial status were included in this study and their Hb, MCHC, HCT, and MCV were checked on regular basis to look for iron deficiency anemia in all the three trimesters of the pregnancy. Incidence of 75% of prevalence of anemia was seen in all the pregnant women. 46% of incidence of anemia is seen in first trimester, 57% in second trimester and 75% iron deficiency was seen in third trimester of the pregnancy in different populations belonging to different socioeconomic status. In the beginning of the study highest incidence of 46% was seen in pregnant women belonging to low socioeconomic status, in middle class family incidence of 37% was



seen while 23% incidence was seen in upper class society. During the second trimester, except women belonging to upper class family, an incidence of 63% was seen. Drastic increase to 60% for each class of iron deficiency anemia is seen in third trimester of pregnancy. In pregnant women belonging to low class most decreased mean levels were seen. Adding to this Hb levels were most decreased in last trimester in populace of all three status. Lowest levels of MCV were seen in the last trimester with little respect to the economic status of the family. Relatively direct connection was seen with hemoglobin of other parameters like MCH, MCHC and RBC count.

Conclusion: High incidence of iron deficiency anemia is seen in pregnant women of Pakistan

regardless of the socio economic status which is disturbing. Diagnosis made by the simple tests like hemoglobin and erythrocytes count must be used for treatment to replace iron deficiency either by the use of iron preparations or dietary modifications instead of waiting for the superior diagnostic tests.

Recommendations: Reinvigoration with iron of daily basis food items like salt, beverages, sugar, milk, rice etc. is necessary to fulfil the iron demand. This will lead to decreased deficiency of iron stores in the body and increased hemoglobin levels. Diagnosis made with simple tests should be taken seriously and iron preparations should be started on urgent basis to every child bearing mother.

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