

## FACTOR IDENTIFICATION OF IRON DEFICIENCY IN CHILDREN: A CASE STUDY IN MULTAN

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### Abstract

Iron deficiency is considered as a big problem in children. It occurs because of inadequate iron intake, pregnancy or blood loss due to menstruation, internal bleeding, inability to absorb iron. The risk factors in iron deficiency are women of child bearing age, pregnant women, people with poor diet, blood donated people, infants and children. It is common in all age group but children are more prone to this. The main symptoms of iron deficiency are fatigue, lethargy, pale skin, shortness of breath, dizziness, cold hands and feet brittle nails, headache. The diagnostic test of anemia is complete blood count. Anemia is diagnosed by this test but additional tests like iron level, red blood cells size, color, ferritin level and total iron binding capacity are also used. If anemia is caused by internal bleeding then fecal occult tests, endoscopy and colonoscopy may also be used. complications of iron deficiency anemia are various including rapid and irregular heartbeat, pregnancy complication, delayed growth in infants and children. Current study focusses on the factors affecting on it. The results showed that the main factor in children is less intake than requirement. Treatment option includes iron supplements, diet, treating the underlying bleeding, Iron deficiency anemia can be prevented by adequate iron intake and by eating diet rich in iron and vitamin c. Mothers should make sure to feed their babies breast milk or iron fortified infant formula to prevent iron deficiency anemia

**Key Words:** Anemia, Risk Factors, Treatment, Hospital, Children

### Introduction

Iron deficiency means decrease iron concentration in body. as iron is essential for red blood cells, decrease concentration of iron leads to failure of synthesis of healthy cells, thus decreasing the oxygen carrying capacity of blood to tissues. as there is decrease oxygen transfer to tissues, tissues become deficient of oxygen leading to early fatigue weakness pale skin etc. Cause of iron deficiency are decrease dietary content of iron decrease absorption or increase iron

demand etc. (1). The people at risk of developing iron deficiency are those in whom there is increase demand of iron such as women because there is loss of iron during menstruation, infants and children because they are at developing stage, vegetarians because they do not eat meat, the source of iron. Iron deficiency anemia develop slowly because of iron stores of body. Iron deficiency can be mild moderate or severe. Severe iron deficiency leads to varying

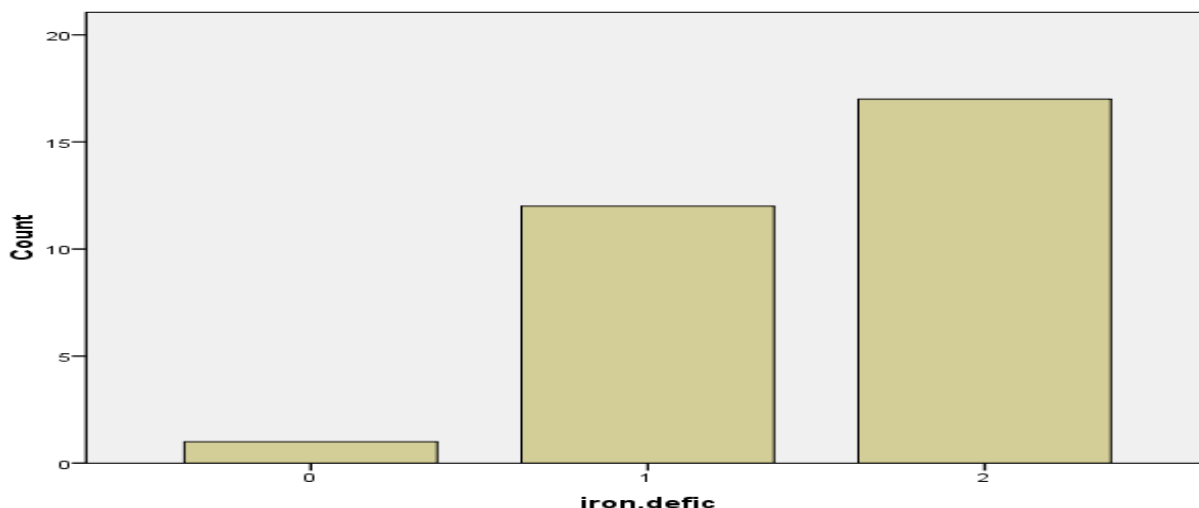
complications including cardiovascular systems or growth problems. Iron deficiency can be prevented by diets rich in iron in people who are at increased risk (2). The objective of current study was to evaluate the identification of factors leading to iron deficiency in children.

### Material and Method

A total of 150 subjects were participated in study. In order to evaluate the factor identification of iron we asked do you know about iron deficiency.do your child has iron deficiency. If yes then what is the age of your child. Did your child had inborn iron deficiency.in your opinion what is the cause of iron deficiency. What is the symptom of iron deficiency? What you do when you noticed that your child has

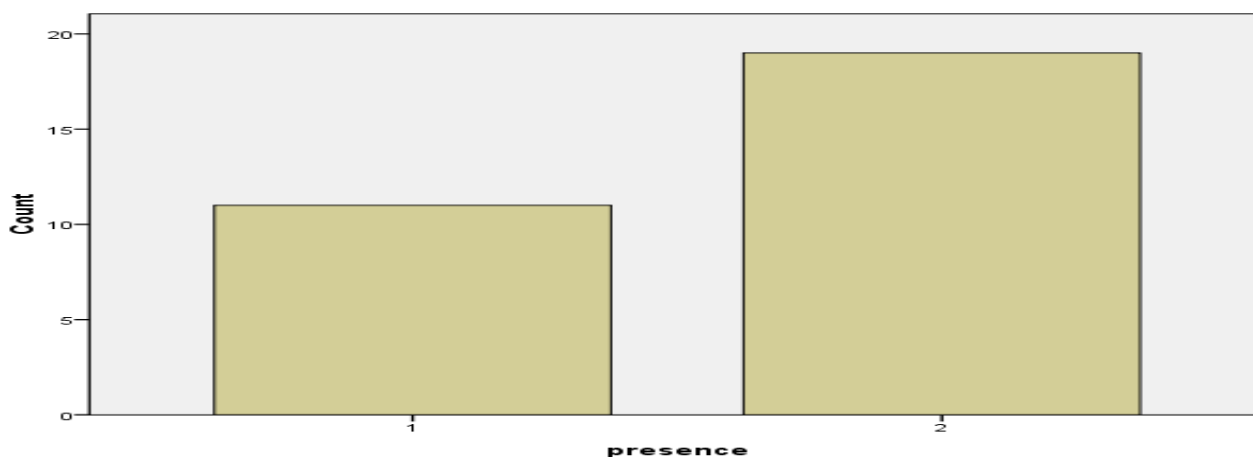
iron deficiency.in your opinion what is the treatment of iron deficiency.do you think that anemia is a great health problem. Anemia is most common in which age group. Which is common cause of increase risk of iron deficiency in children. Have your child got blood transfusion for iron deficiency.do you think that fruits and vegetables have any positive effect on iron level. What is medicine prescribed by doctor for iron deficiency. Did your children had loss of appetite when he is suffering from iron deficiency.in your opinion what is tool of diagnosis for iron deficiency.is this genetic disorder. Did iron deficiency affect height and weight of your children? Do your children suffer from any other disease along with iron deficiency.is this emergency condition? Does your child respond well to treatment?

### Result and Discussion



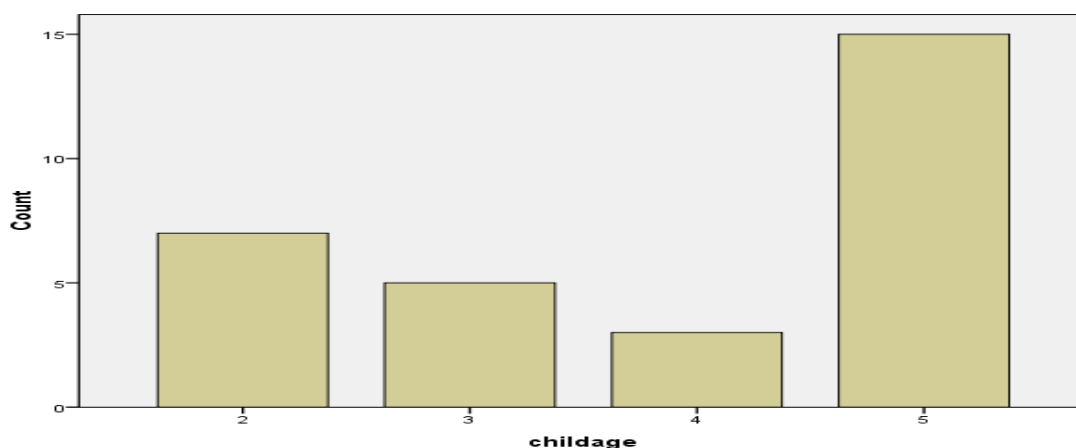
**Graph 1:** Do You Know About Iron Deficiency? whereas 1 represents "Yes" and 2 represents "No"

So, it is clear from the graph that maximum people know about iron deficiency



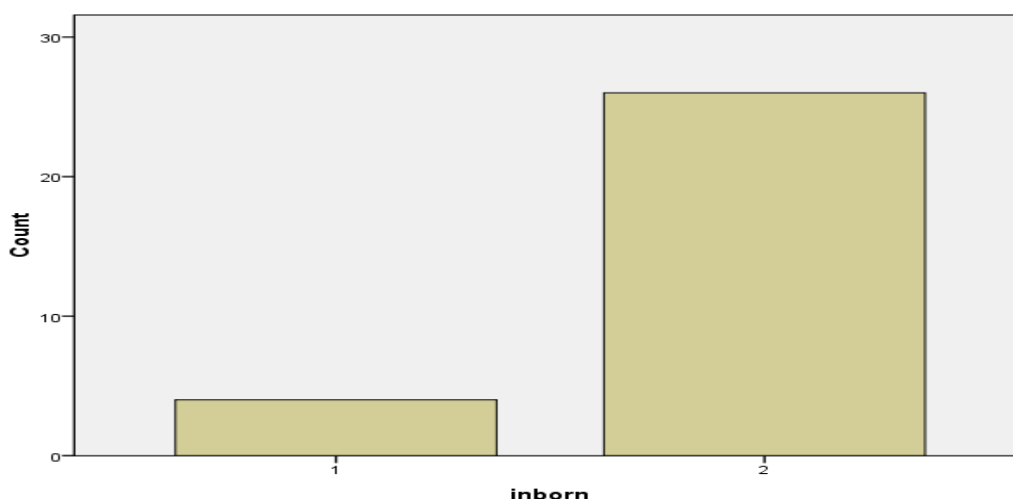
**Graph 2:** do your children have iron deficiency? Where 1 represent yes and 2 represent no.

So, graph shows that max people don't have iron deficiency.



**Graph 3:** if yes then what is age of your children? Where 2 represents option a) less than 1 year's)1 to 5 years c)5 to 10 years d) greater than 10 years.

Graph shows that children with age greater than 10 years are more with iron deficiency. Than iron deficiency in children with age of less than 1 year. And so on.



**Graph 4:** Does your child have inborn iron deficiency? Where 1 represents "Yes" and 2 represents "No"

It is clear from graph that mostly people don't have inborn iron deficiency

### Conclusion

So, it was concluded that mostly children don't have inborn iron deficiency and iron deficiency is most common in children with age greater than 10 years.

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