

(٢)

## **Iron deficiency anemia: Is it a Persistent Enemy Attacking Egyptian Children? A Hospital Based Study at Al-Fayoum University Hospital**

### **Abstract**

**Background:** Iron deficiency anemia (IDA) is the most common type of anemia related to malnutrition worldwide. It represents a major problem in developing countries, especially in Egypt.

**Aim:** The study was conducted to find the magnitude, describe the pattern and identify predictors of IDA among children attending the pediatric outpatient clinic of Al Fayoum university hospital.

**Subjects and Methods:** A cross sectional study was carried out from September ٢٠٠٩ to September ٢٠١٠ in the pediatric outpatient clinic of Al Fayoum university hospital. A total of ٣٠٠ children aged ٦ months to ١٢ years were enrolled in the study. The data were collected using a structured interview questionnaire and laboratory analysis of venous samples for CBC, serum iron, serum ferritin and transferrin saturation.

**Results:** The results showed that ٦٤% of studied children had IDA (٣٠% mild, ٤١.٧% moderate and ٢.٣% severe). IDA was found to be significantly higher among rural children, children of low social class and children of illiterate or less educated mothers. As regards anthropometric measurements, only underweight were statistically higher among children with IDA.

**Conclusion:** Iron deficiency anemia appears to be an important public health problem among children attending the outpatient clinic with a wide range of mild health problems. Therefore, during childhood, increase mothers' awareness and close monitoring of iron status of children is important to be able to prevent or initiate early treatment if necessary.

**Key words:** Iron deficiency anemia, children, Al Fayoum.