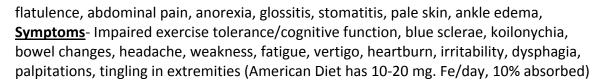
Iron (Fe) Deficiency Anemia

What is it?

- Inadequate intake of Fe, blood loss, impaired absorption, closely repeated pregnancies
- <u>Component of Heme (protein)</u>- hemoglobin-Fe containing protein in RBC's carries oxygen to the body cells, hemoglobin- 60-70% Fe in body, Hgb=Fe, Pro, Copper
- Hematocrit- measure of RBC's, volume of blood, RBC's= B12, Folacin, amino acids
- Transferrin- carrier protein, picks up Fe from intestines, < 1% of Fe as is serum ferritin

Signs and Symptoms:

• Pica seen in 50% - craving of dirt, ice, cornstarch/starch, flour, clay, candies, lettuce



Medications:

- Medications increase slowly, gastric irritation, constipation
- Aspirin/Corticosteroids increase GI bleeding/peptic ulcer, decreases Vitamin C, etc...
- Ferrous Salts (Feostat/Fergon/Feosol) 10-100 mg. 4 times/day (4-30 days to improve)
 - Don't take with Tetracycline- due to decreased absorption of antibiotic, infection interferes with absorption, overdosing does no good, body synthesizes 5-10 mg./day
- Imferon- given intramuscular if oral not tolerated- pain, skin discolor

Facts:

- <u>90% Stored</u>- is reused, body replaces Fe losses through sweat, urine, feces
 - best absorbed in small intestine- increase all meats, liver, shrimp, beef, chicken
 - damage/surgery can lead to deficiency-infants, children, teenagers- 1 dose Vit. A to correct
- Women become Fe Deficient- more easily than men- menstruation, cardiovascular disease, surgery
- Lead Poisoning- reduces hemoglobin production with Fe deficiency

What can I do?

- <u>See your Health Care Provider</u>- help as needed to correct constipation, increase fiber, increase fluids, Fe, Protein, and Vitamin C
- See a Registered Dietitian- for help with your diet
 - <u>Foods to Avoid</u>:- spinach, bran, legumes, soy, tannins in tea, coffee, red wine (polyphenols)
 - Food High in Feeggs, dried fruits, molasses, wholegrain or enriched breads and cereals, dark green leafy vegetables, legumes (dried peas and beans), enriched flour and flour products