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Title: Better results obtained by daily supplementation of iron drops in toddlers with iron deficiency anemia in Iran

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Abstract: Introduction: The "Iron Supplementation Project" for anemic toddlers in Iran has not been subject to scientific studies yet. Since daily consumption of iron drops by the children brought about physical and mental problems, the aim of this study was to determine whether weekly doses of iron drops would also improve the iron status of these children significantly.

Patients and methods: the iron status of 12 to 21- month – old toddlers referred to health care centers in Shiraz, were determined. The 104 children were divided into two groups, One receiving 1 mg/kg iron drops daily as before and the other receiving 3 mg/kg iron drops weekly. After three months of daily administration of iron drops, the children's iron status (Ferritin, Hb, HCT, MCV, MCH, MCHC, RBC, WBC and Platelet) showed a significant increase in Hb, MCH and MCHC levels. Although weekly supplementation led to a significant increase in their Hb levels, daily supplementation had a significantly greater effect than weekly supplementation on the levels of MCV and MCHC. Although the parents of the anemic children were more satisfied with weekly supplementation, we generally conclude that weekly iron supplementation is advisable for prophylaxis but anemic children should continue to receive iron supplements daily.

Iron deficiency anemia, Iron supplementation, Toddlers

Presentation: Poster