ABSTRACT

Introduction- Iron deficiency anemia is one of the common nourishing deficits in recent years. More than half of the pregnant and one third of non-pregnant fruitful women suffer from anemia. This study was done to determine the amount of iron deficiency anemia in fruitful age women who were refer to consulting centers before getting married. Method: In this cross-sectional descriptive investigation, 350 member of women were take part who have refered to consulting centers of Ardabil city be for getting married. At first a questioner was prepared that was about their demographic states, illness history and the time of their first period. And then the blood test was conducted to test Hemoglobin- Hematocrit and ferritin serum of the individual and then the data was analyzed by using SPSS soft ware. Results: the results showed that about 37.7 percent of the refereed women in fruitful age are affected iron deficiency anemia and the amount of their blood Hemoglobin was less than 12g per deciliter and about 15 percent of them have less than 10 g/dl. The amount of ferritin serum as the main iron deficiency anemia determinant factor was less than 12 g/dl in 56.8 percent of them. One of the main reasons of iron deficiency anemia in women is menstruation blooding. In this investigation, it was asked from women about the amount of their menstruation bleeding, and about 46 percent the anemia affected women had said that they have high amount of menstruation bleeding. The parasitism diseases history as the main iron deficiency anemia factor was recorded in 17.7 percent of the women who were affected to this disease. Resulting: By considering the importance of anemia in fruitful women, persevering control of this group of women and doing the necessary training and premedical methods and prescribing the iron tablet in necessary. Key words: Iron deficiency anemia- Hemoglobin- Ferritin- fruitful age women

Introduction

Iron deficiency anemia is the most common and widespread kinds of the nourishing deficit in the world. About 1 third of the world’s population are affected to anemia. Iron is a necessary micro nutrient in constricting red cells of the blood.

Human’s body need various nutrient articles such as Iron folic asid- vitamin B12-B6- B2 and vitamin C, to make red blood cells, that must be provide from daily nourishing schedule. The deficit of micro nutrient called Hidden Hunger. Malnutrition of micro nutrients is the main barrier in economical and social development. Deficit of micro nutrients often exposed the low income and vulnerable groups to hanger and influence their health in long time. Now adays more than 2 milliard people in the world are deprived from receiving the minimum amount of micro – nutrient that is necessary for a healthy life, and so they are affected to malnutrition of micro – nutrients. 9

The main deficit of micro – nutrient is iron deficiency anemia this deficiency is the most common deficiency of micro nutrients in the world and it affected about 1 third people of the world.

About 350 million women and child in semi- developed countries have anemia. 8 Half of the pregnant women of the world have anemia and anemia is the main reason of the death of 5.0 million mother in the world.1 poverty, insufficient access to various kind of food, lack of intelligent to prepare a suitable nourishing regime and prevalence of various infections and diseases are factors that cause to malnutrition and micronutrients. It’s result is increasing the mortality rate and increasing the rate of infected diseases and decreasing the IQ of the children and their learning ability, On the basis of world bank evaluations if in a country, 50 percent of women and 20 percent of men be affected to anemia, 20 percent of the individual’s abilities will be decreased. and as a result 5 to 7 percent of the national un- pure production will be decreased.
on the basis of these evaluations we can see that if the deficit of micro nutrients decrease more than 5 percent of national un pure production annually, the perfect solution to dominate this problem, need less than 3 percent of national un pure production of the country (1).

Methods:

By considering the importance of this subject in this investigation, all women who are in marriage ages and referred to consulting centers to test had investigated. the main reason in selecting these groups, is the importance of this subject after getting married in pregnancy period, because be aware of this kind of anemia and its remedy in this period can decrease the side effect of the pregnancy In this group, women with chronic diseases be removed from this investigation that cause to anemia.

After selecting the under studied group, a questionnaire was prepared that include some determinant questions such as demographic state and illness history and the age of menstruation beginning and the amount of menstruation blooding and were completed in consulting centre.

Then the blood test was done for each of these women and the amount of hemoglobin and Hematocrit and MCV were determined and after that the data was analyzed in software. By considering that the main goal of this investigation is to study the anemia and previous studies had reported these proportion in women on wane and pregnant women societies between 30 to 40 percent, so they gained sample volume had increased to 350 cases to determine the sample volume with 95 percent confidence and the maximum fault evaluation of 5%

Results:

In relation with general goal of this investigation, determining the iron deficiency anemia in pregnant women, on the basis of Hemoglobin and feritin serum, we can say that in this study about 37.7 percent of the women in 15-49 years old group who were referred to consulting centers were affected to anemia. Their Hemoglobin rate was less than 12 ml/Dl. On the basis of feritin rate, 56.8 percent of under studied women had feritin less than 12 mg, it indicate that the rate of iron reserves of the bone is less than normal rate and this indicator is essential in early determining the iron deficiency anemia. The results of the recent investigation shows that, the iron deficiency anemia in 15-49 years old women of Ardabil is 37.7 percent, that is high in comparison with average rate of the country about 21 percent.

In needs necessary remedial methods. Between iron deficiency anemia and the amount of menstruation blooding, there is meaningful relation, About 46.3 percent of women, have high menstruation blooding and higher than normal rate. Also, there is meaningful relation between the age of the first menstruation blooding and iron deficiency Anemia. Women who had their first menstruation blooding in young age, are affected to anemia much more than attention. This study had revealed that it is necessary to pay attention to nourishing of girls in their adult ages. They must eat foods that have main resources of iron.

The relation between parasitist diseases and various kind of Anemia is evident. We can see in this study that about 17.7 percent of women have record of having affected to parasitist disease before gentling married and in their childhood period. So we must pay attention to individual training and preventing methods of these diseases.

Proposals:

1. The American physician’s society recommended that all women in menstruation age must be controlled from the respect of Hemoglobin amount. Prescription of the foods that are the main resources of iron to mothers and children below 6 years old is essential. Prevention of iron deficiency anemia is the main proposal in this field and below there are some methods to this: 1 all people must have in their nourishing schedule some food that are full of iron resources such as meat, fish, egg, regrettable and grains.

2. They must eat salads such as tomato and fresh vegetables’ with their food eating a fruit after or before main food that has C vitamin is very necessary. Vitamin C increases the absorption of the food’s iron.

3. Children must eat dried fruit such as date, raisins, gospel and some kinds of grains such as pistachios and walnut instead of commercial product such as chips and chocolates.

4. Drinking a cup of tea immediately after or be for food can decrees the amount of iron in blood.

5. To prevent the affection of parasites, people must observe their personal hygiene.

6. They must wash the fruits and vegetables exactly before using them.

7. People must use bread that its paste prepared exactly and don’t use any starch in preparing them.

8. Pregnant women must use iron tablet from second trimester to 3 month after delivery according to their doctor’s prescriptions.

9. Children under 2 years must hale iron complement in their nourishing schedule

10. Cherishing from maternal milk decrease the risk of iron deficiency afflicting in adult age.
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