

Conference Abstract

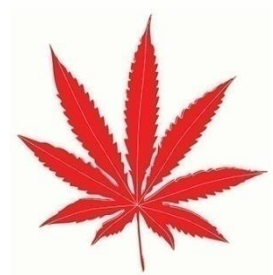
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Conference Abstract

IRON DEFICIENCY ANEMIA IN WOMEN OF REPRODUCTIVE AGE IN PAKISTAN

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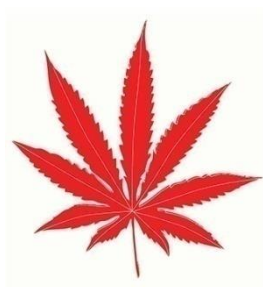
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ABSTRACT

Iron deficiency anemia is highly prevalent in developing countries like Pakistan. It is quite predominant in the university community especially among pregnant women. The fetus's and newborn infant's iron status depends on the iron status of the pregnant woman and therefore, iron deficiency in the mother-to-be means that growing fetus probably will be iron deficient as well. Group that is at the highest risk of anemia in society is women in their reproductive years. Multiple reasons such as menstruation, gender discrimination, low socioeconomic status, genetics, lack of proper nutrients and poor medical assistance and access can be blamed for this condition. The outcomes are fatigue, compromised neonatal health, lack of focus and mental disorders. One-fifth women are anemic in Pakistan, says statistics of WHO. Prevalence in ever married women of 15-44 years is 26% in urban and 47% in rural areas, which shows failure of interventions. It is burdening Pakistan's health care systems and economy. People needs to be educated on preventing anemia, identifying its symptoms, treatment and consequences through media, articles campaigns, hospitals and government needs to provide affordable supplements and proper nutritional guide lines to the concerned patients.



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