

Prevalence of Iron Deficiency and Iron Deficiency Anemia In Adolescent Girls in Tertiary Care Hospital

Avinash Chalke, Rashmita Nevgi, Bhakti Karde, Sarang Waghmare

Mrs. Rashmita Nevgi, Laboratory Technician, Clinical Hematology, T.N Medical College and B.Y.L. Ch Hospital, Mumbai- 400008 Email: raswaigster@gmail.com

Abstract

Background: Iron Deficiency Anaemia (IDA) is a global health problem. It involves a population of all age groups and sex. But adolescent girls are more vulnerable to it. The reasons may be increased iron demand, menstrual blood loss, infection, worm infestation, etc. **Aim:** To find the prevalence of iron deficiency and IDA in adolescent girls in a Tertiary Care Hospital. **Methods:** This cross-sectional study was done in the HEMATOLOGY clinical laboratory. Hemoglobin estimation was done by Sahli's method. Total iron and Total Iron Binding Capacity (TIBC) estimation were done by the Ferrozine method on a fully automated chemistry analyzer Olympus AU 400 with the reagent kit available in the market. Ferritin estimation was done by the chemiluminescence immunoassay method, using Access 2 (Beckman Coulter). **Results:** Out of 200 girls, 50% of adolescent girls were found to be anemic. Of the total, 43.3% were mild, 3.3% were moderately and 3.3% were severely affected by anemia. **Conclusion:** As the prevalence of anemia is 50%, it needs intervention for its prevention and control. This study will help in the planning and implementation of the policy for the prevention of iron deficiency and IDA.