



DELVIN

PATHOLOGY LAB

DO YOU NEED IRON SUPPLEMENTS

Iron deficiency anaemia is a late manifestation of iron depletion. It occurs when the iron stores are depleted. Serum ferritin is the single most sensitive test to detect early iron depletion. It detects the level of iron stores in the body and is done as a simple blood test. High risk groups include women of childbearing age, pregnant women, teenage girls and individuals with kidney failure. Low blood haemoglobin level is the marker of anaemia.

Symptoms of iron deficiency anaemia include feeling tired and weak, decreased work and school performance, slow cognitive and social development during childhood, difficulty maintaining body temperature, decreased immune function, which increases susceptibility to infection and glossitis or inflamed tongue. Eating non nutritive substances such as dirt and clay, often referred to as pica or geophagia, is sometimes seen in persons with iron deficiency.

Most iron deficiency can be restored by improving the diet alone. Supplements are needed when diet alone cannot restore deficient iron levels to normal within an acceptable timeframe.