

A SYSTEMIC REVIEW OF FREQUENCY AND MANAGEMENT OF DIFFERENT TYPES OF ANEMIA IN RURAL AREAS OF NORTHERN PUNJAB, PAKISTAN: A CROSS SECTIONAL STUDY

Syed Fakhar ul Hassnain Waqas^{1*}, Syeda Nida Zahra², Maryam Ikram¹, Sakina Ahmad¹ and Malik Salman Haider³

¹Faculty of Pharmacy, University of Sargodha, Sargodha 40100, PAKISTAN

²Rai Medical College, Sargodha 40100, Pakistan

³Faculty of Pharmacy, Bahauddin Zakariya University, Multan 60800, PAKISTAN

*Corresponding author's email: abican84@gmail.com

ABSTRACT

The present cohort study was conducted on a total of 592 patients including those hospitalized after being operated as well as those who visited the hospital with symptoms of anemia. These patients were reviewed for demographic data such as age, sex, clinical features and socioeconomic status, results of laboratory tests and for the underlying causes of their symptoms of anemia in DHQ hospital Jauharabad, THQ hospital Nurpur, THQ hospital Quaidabad and THQ hospital Naushehra. Among the patients included in the study 213 were male and 379 were female. The most common age group was 21-30 years. The average hemoglobin was 8.5gm/dl, the lowest being 4.7gm/dl. Anemia due to decreased red cell production was found in 571 patients, anemia due to increased red cell destruction was found in 5 patients and anemia due to blood loss was found in 284 patients. Anemia due to decreased red cell production was the most prevalent type of anemia in all age groups. The pattern of abnormalities in laboratory readings of anemic patients indicated that iron deficiency was the major cause of anemia in children, adolescents and adults whereas chronic disease was the leading cause in the elderly patients.

Keywords: Anemia, iron-deficiency anemia, causes of anemia.