

Dedication

This research is **dedicated** to

My mother

For leading her children into intellectual pursuits.

My father

For the uncompromising principles guide his life.

My lovely son Abrahoma.

And finally dedicate this research to all who are aiming to
construct a healthy community.

Acknowledgements

Praise is to God first for enabling me to achieve this research. I'm

very grateful to my supervisor Dr. Malik Hassan Ibrahim Alfadni , for being very keen to

Make us highly oriented in the field of hematology.

I'm very grateful to other members in the medical field who

Help me a lot and paved the way for me to progress.

Thanks and gratefulness be to my husband for contributing a lot in this work.

Abstract

This was descriptive hospital based study, conducted in Albolok teaching hospital, during the period from September 2008 to March 2009. The aim of this study was to determine the frequency of iron deficiency anemia among the micocytic hypochromic anemia, in children under the age of 10 years who referring to Albolok hospital.

100 patients (55%males and 45%females) were informed about the study and agreement for participation was obtained. The study population was divided to four groups, less than one year, (1-4), (4-8) and (8-10) years. Venous bloods of 5ml were bled (2.5ml in EDTA containers and 2.5ml in plain containers) and investigated for iron deficiency anemia. Complete blood counts (CBC), serum iron and serum ferritin concentrations were carried out.

Fully automated hematological analyzer (Mythic18) was used for the CBC analysis, and fully automated Biosystem A25 was used for the serum iron profile analysis. The results found that the frequency of iron deficiency anemia was 14%. The age group from 1-4 years represents the highest percentage (57%). The means of Hb concentration, PCV, MCV, MCH, serum iron and serum ferritin concentrations, when compared with standard reference values, there were significant differences (P value <0.05) in all age groups.

In conclusion iron deficiency anemia did not highly frequent among the study population.

مستخلص البحث

هذه دراسة وصفية تحليلية تم إجراؤها لتحديد نسبة مرض فقر الدم الناتج عن نقص الحديد وسط microcytic hyopchromic anemia ، فى الاطفال المرضى دون سن العاشرة الذين يترددون لمستشفى البلك التعليمى للأطفال فى الفترة من سبتمبر 2008 إلى مارس 2009 .

تم إعلام مائة مريض بأهداف البحث واخذت موافقتهم ، ثم اخذت مائة عينة دم خمسة مللى من كل مريض (2.5 مللى فى حاويات تحتوى على مانع تجلط (EDTA) و 2.5 مللى فى حاويات خالية من مانع التجلط). تم إختبارات إعداد الدم الكامل ، وإختبار نسبة كل من الحديد و ال (ferritin) فى الدم .

تم إستخدام جهاز (Mythic18) و (A25) اللذان يعملان اتوماتيكيا للتحليل الكامل للدم وتحديد نسبة الحديد وال (Ferritin)) على التوالي .

وقد اظهرت النتائج الاحصائية ان نسبة تردد فقر الدم الناتج عن نقص الحديد هو 14%0 مجموعة الأعمار من سنة الى اربعة سنوات تمثل اعلى النسب (57%). متوسطات كل من نسبة خضاب الدم ، MCV ، PCV ، MCH ، ونسبة كل من الحديد وال (Ferritin) عندما قورنت بقيم المعايير القياسية وجد ان هنالك فروقات ذات دلالة إحصائية (P VALUE أصغر من 0.05) فى كل الفئات العمرية .

ختاما فقر الدم الناتج عن نقص الحديد ليس كثير التردد فى وسط مرضى الدراسة .

List of Tables

Tables	Pages
1.1 Amount and distribution of iron	5
1.2 Factors affect iron absorption	9
1.3 Estimated daily iron requirements	10
1.4 Effect of iron deficiency anemia on epithelial tissues	14
3.1 The full blood counts, serum iron and serum ferritin for the study population groups	29
3.2 Relation between serum iron and serum ferritin.	30
3.3 The full blood count and serum ferritin level groups.	30
3.4 Comparison between low and normal ferritin group.	30

List of Figures

Figures	Page
1.1 Iron cycle	7
3.1 The gender among the study population groups	28
3.2 The age group of the population study.	29
3.3 The HB concentration and ferritin level.	31
3.4 The PCV and ferritin level.	31
3.5 The MCV and ferritin level.	32
3.6 The MCH and ferritin level.	32
3.7 The MCHC and ferritin level.	33
3.8 The TWBCs and ferritin level.	33
3.9 The total platelets counts and ferritin level.	34
3.10 The serum iron and serum ferritin.	34

List of abbreviations

HB	Hemoglobin
PCV	Packed cell volume
MCV	Mean cell volume
MCH	Mean cell hemoglobin
MCHC	Mean cell hemoglobin concentration
TWBCs	Total white blood cell counts
RBCs	Red blood cells
G-6-PD	Glucose6 phosphate deficiency
Hcl	Hydrochloric acid
TIBC	Total iron binding capacity
sTfR	Serum transferrin receptor

List of contents

Subjects	Page numbers
Dedication	I
Acknowledgement	II
Abstract English	III
Abstract Arabic	IV
List of tables	V
List of Figures	VI
List of contents	VIII
Chapter(1)	
1.0 Introduction	1
1.1 Classification of anemia	1
1.1.1morphological classifications	1
1.1.2 Etiological classifications	2
1.3 Signs and Symptoms of anemia	3
1.4 General introduction to iron deficiency anemia	3
1.5 Amount and distribution of iron	5
1.5.1 Hemoglobin iron	5
1.5.2 Tissue iron	6
1.5.3 Plasma or transport iron	6
1.6 Metabolism of iron	6
1.6.1 Iron Cycle	6
1.6.2 Metabolism with normoblast	7
1.6.3 Macrophage iron recycling	8
1.7 Iron absorption	9
1.8 Iron excretion	10
1.9 Iron balance	10
1.10 Stages in iron deficiency anemia	11
1.11 Etiology of iron deficiency anemia	12
1.11.1 Increase physiological demand for iron	12
1.11.2 Pathological blood loss	12
1.11.3 Inadequate iron intake	13
1.12 Signs and Symptoms of iron deficiency anemia	13
1.12.1 Growth	13
1.12.2 Fatigue and other non specific symptoms	13
1.12.3 Neuromuscular system involvement	14
1.12.4 Epithelial tissues	14
1.12.5 Immunity and infection	14
1.12.6 Pica	14

1.12.7 Genitoureneral system	15
1.12.8 Skeletal system	15
1.13 Lab finding of iron deficiency anemia	15
1.13.1 Red cells indices and blood film	15
1.13.2 Bone marrow iron	15
1.13.3 Serum iron profile	16
1.14 Prevalence of iron deficiency anemia	16
1.15 Rationale	19
1.16 Objectives	20
Chapter(2)	
2.0 Materials and Methods	21
2.1 Study Design	21
2.2 Study Area	21
2.3 Ethical consideration	21
2.4 Method of Data collection	21
2.5 Collection of blood specimens	21
2.6 Methodology of CBC	22
2.6.1 Instrument	22
2.6.2 General over view	22
2.6.3 Reagents specification	22
2.6.3.1 Diluents reagent	22
2.6.3.2 Lyses reagent	22
2.6.3.3 Clearing reagent	23
2.6.4 principle of automated analyzer system	23
2.6.5 Procedure	24
2.6.6 Blood film	24
2.6.6.1 Staining of blood film	25
2.7 Methodology of iron profile	25
2.7.1 The instrument	25
2.7.2 Serum iron	25
2.7.2.1 Principle of the method	25
2.7.2.2 Reagents	26
2.7.2.3 Samples	26
2.7.2.4 Reference values	26
2.7.3 Serum ferritin	26
2.7.3.1 Principle of the method	26
2.7.3.2 Reagents	26
2.7.3.3 Samples	26
2.7.3.4 Reference values	27
Chapter3	
3. Results	28
Chapter4	
4.1 Discussion	42
4.2 Conclusion	45
4.3 Recommendations	46
Chapter5	

5. References	47
Appendixes	50