

MALNUTRITION IN PEDIATRIC AGE MAIN CAUSE FOR IRON DEFICIENCY ANEMIA

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Abstract

Malnutrition especially in the pediatric age 5 years by not feeding children with adequate food products such as meat juices, eggs and meat and dairy products and vegetables cause anemia with decrease of hemoglobin or iron deficiency anemia. The presence of this anemia in varying degrees especially when hemoglobin is below 10 g is a factor of risk for not raising the child and their lack of resistance, especially the sickness often their respiratory tract infections, gastrointestinal infections, etc. especially for children under 4 -5 years. Hypochrome anemia or iron deficit is among the most prevalent in world. It affects more children from lack of food or malnutrition and this is more pronounced in poor countries and developing dominated by low socio-economic level and a lack of community culture. In developing countries anemia from iron deficit has a prevalence that ranges up to 60 % while in developed countries fluctuates below 15 %. Our country ranks in developing countries and is among the countries with low level of socio - economic. The presence of iron deficiency anemia is responsible for underdevelopment and delay the growth of children and reduce the resistance of these children and that is associated with often sickness. Despite increasing development and socio- economic level of our country phenomenon malnutrition is a major problem especially under the age of 2 years where children eat more saturated foods, carbohydrates, liquids such as Ivi or Suko and with very little animal protein foods. According to various studies, it is among the main causes of iron deficiency anemia in children of our country. The goals of the study are the evaluation of the performance of the iron deficiency anemia morbidity; study the cases of iron deficiency anemia and connection of this anemia with the way of nutrition. During our retrospective study over a period of 2 years were analyzed and studied all admissions made in Elbasan pediatrics. From all admissions are studied cases with various pathologies that had anemia with hemoglobin below 10 g / dl and associated with reduction of sideremia. Cases with anemia hypochrome have been studied following epidemiological criteria as age, ways of feeding, township, number of admissions, infections that have gone etc. In total there were 2896 hospitalized children with various diseases such as respiratory, digestive tract infections and Virus etc. From all hospitalized cases with pathologies, the cases of iron deficiency anemia are 1,186 with prevalence 40.8%. Our survey that was done with parents who have had children breast fed or food artificial showed that over 70% of them indicated that they have been fed with artificial milk until the end of the first year of life and 50% of children with artificial food were fed with cow milk in village

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