

# Consequences and prevalence of iron deficiency anemia in adult women of Sultanpur district

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Anemia is a decrease in the total amount of red blood cells (RBCs) or hemoglobin in the blood, or a lowered ability of the blood to carry oxygen. When anemia comes on slowly, the symptoms are often vague and may include feeling tired, weakness, shortness of breath or a poor ability to exercise. Anemia that comes on quickly often has greater symptoms, which may include confusion, feeling like one is going to pass out, loss of consciousness, or increased thirst. Anemia must be significant before a person becomes noticeably pale. Additional symptoms may occur depending on the underlying cause. Anemia is a condition characterized by a reduction in the total circulating haemoglobin. There are different types of anemia, which are classified according to the causes of the anemia: a default in the production of red blood cells may be attributable to an iron, vitamin B12 or folate deficiency. Excessive destruction of red blood cells because of chronic diseases of nutritional, infective, metabolic or genetic origin leads to anaemia. Iron deficiency anaemia (IDA) is the commonest type of anemia. Among women, IDA is common during childbearing years and particularly during pregnancy due increased demand of iron and folic acid. This leads to maternal and infant morbidity and mortality. IDA causes pallor, weakness and tiredness. This disorder has a negative impact on immune status and physical work capacity. It can impair cognitive performance in all individuals. The main risk factors of IDA are: inadequate iron intake (due to an iron-deficient diet or in adequate absorption), increased iron requirements and blood loss. Indeed, the daily diet must include sufficient amounts of high bio available iron. This study was performed to determine the consequences and prevalence of iron deficiency anemia in adults women in Sultanpur city. The research survey method was used for the collection of data. Result showed that maximum 65 per cent of respondents were know about anemia while minimum 35 per cent respondents were not know about anemia.

**Key Words :** Anemia, Morbidity, Childbearing, Mortality, Consequences

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