

# The Iron Gap: Anemia

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## Key points:

- Introduction
- Causes
- Symptoms
- Diagnosis
- Management and Control

## Introduction

Iron deficiency anemia is a common and prevalent condition caused by less amount of iron, leading to low HB levels and reduced oxygen transport in the blood. If left untreated, it can cause serious health issues, hence the awareness of its causes, symptoms, and treatment are very essential. <sup>1</sup>

## Causes

There are many causes which can lead to iron deficiency, some major and common ones are listed below:

- Blood loss
- Vegan diet
- Not consuming enough iron in diet
- Pregnancy <sup>1</sup>

## Symptoms

Detecting if someone has iron deficiency does not require that much skill, as the symptoms are easy to identify. These are listed below:

- Fatigue and Weakness
- Paleness
- Shortness of breath
- Dizziness

- Hair loss
- Brittle nails <sup>1</sup>

## Diagnosis

To diagnose someone with IDA, the following methods can be adopted:

Complete blood count and iron balance assessment

Abnormal HB levels

Evaluation Erythrocyte sedimentation rate <sup>1</sup>

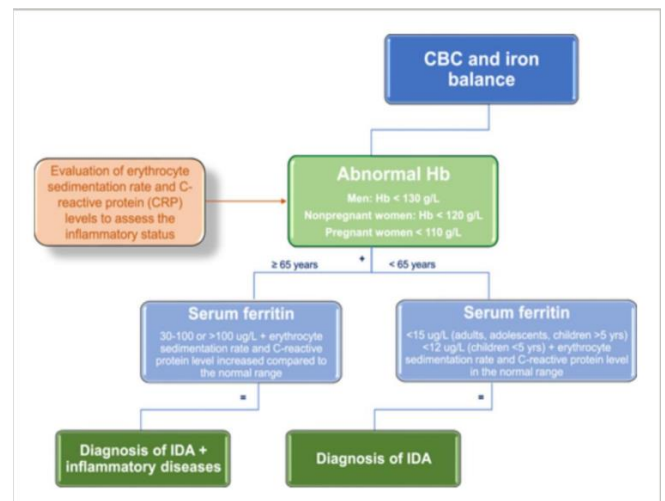


Figure 1: Diagnosis of IDA <sup>3</sup>

## Management and Control

IDA can be managed and controlled through the following steps:

- Oral iron should be taken once a day
- Vitamin C intake in diet
- If oral iron cannot be taken, IV iron is recommended <sup>2</sup>

## References

1. Askarova M. IRON DEFICIENCY IN ANEMIA. International journal of medical sciences. 2025 Mar 13;1(1):221-2.
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3. Iolascon A, Andolfo I, Russo R, Sanchez M, Busti F, Swinkels D, Aguilar Martinez P, Bou-Fakhredin R, Muckenthaler MU, Unal S, Porto G. Recommendations for diagnosis, treatment, and prevention of iron deficiency and iron deficiency anemia. Hemasphere. 2024 Jul;8(7):e108.