

# **THE MAGNITUDE OF IRON-DEFICIENCY ANAEMIA IN INFANTS AND PRE-SCHOOL CHILDREN**

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

• وَفِي أَنْفُسِكُمْ أَفَلَا تُبْصِرُونَ •

(الذاريات ٢١)



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## TABLE OF CONTENTS

	PAGE ~~~
INTRODUCTION & Aim Of The Work.....	1
I. REVIEW OF LITERATURE.....	3
A. IRON METABOLISM:	
- Absorption: .....	4
1. Mucosal Control.....	5
2. Dietary Content.....	8
3. Bioavailability: .....	11
* Enhancers:	
. Animal protein.....	12
. Ascorbic acid.....	13
* Inhibitors:	
. Cereals.....	19
. Dietary fiber.....	24
Vegetariansim and Iron.....	27
. Phosphorous - containing compounds..	30
. Drugs.....	31
* Food Processing and Iron:	
. Effect of heat.....	34
. Effect of chemicals.....	35
* Physico-chemical properties of food....	38
* Human Milk and Iron.....	43
- Transportation and Storage.....	47
- Ferrokinetics.....	61
- Developmental Aspects.....	64

	PAGE ~~~~
B. IRON DEFICIENCY:	
- Stages of Deficiency.....	72
- Sequelae of Deficiency: .....	76
1. Haematological (Anaemia): .....	76
. Prevalence.....	76
. Aetiology.....	90
. Symptomatology (Clinical Picture).....	96
. Clinical Assessment of Iron-Status.....	98
. Differential Diagnosis.....	111
2. Non-haematological: .....	114
. Tissue changes.....	116
. Immune Response.....	119
. Exercise Intolerance.....	124
. Behavioral Changes.....	126
. Cognitive impairment.....	129
. Abnormal thermogenesis.....	132
. Drug-Metabolizing Enzyme System.....	133
- Management: .....	135
. Treatment.....	135
. Prevention.....	140
II. SUBJECTS AND METHODS.....	145
III. RESULTS.....	154
IV. DISCUSSION.....	185
VI. CONCLUSIONS & RECOMMENDATIONS.....	201
VII. SUMMARY.....	204
APPENDICES.	
VIII. REFERENCES.....	208
ARABIC SUMMARY.	

# LIST OF TABLES

	PAGE ~~~~~
Table (1): Food components that affect dietary iron bioavaiability.....	17
Table (2): Classification of major forms of food processing.....	33
Table (3): Mg of iron absorbed per day from milk and formula sources.....	46
Table (4): Recommended dietary intake (mg) of iron	71
Table (5): Mean Hb values and prevalence of anaemia in preschool age children by age (1978), NI & CDC.....	79
Table (6): Mean Hb (g/dl) values and prevalence of anaemia in preschool age children by age-group and universe. Egypt, 1978 and 1980 (NCHS/CDC REF.).....	80
Table (7): The findings from TenStates Nutrition Survey (1968-1970). The low income states.....	84
Table (8): The findings from TenStates Nutrition Survey (1968-1970). The high income states.....	85
Table (9): Prevalence values of anaemia and sideropenia from four published studies (US).	86
Table (10): Prevalence of nutritional anaemia in some selected countries in Asia and Latin America.....	88
Table (11): The more important factors responsible for iron deficiency in infancy and childhood.....	90
Table (12): Health states that can precipitate a fall in serum iron concentrations.....	103
Table (13): Iron deficiency and enzyme changes.	115
Table (14): Iron deficiency and tissue changes.	118

	PAGE ~~~~~
Table (15): Classification of paternal occupation by socio-economic categories (SES).....	150
Table (16): Shows the most commonly used cutt-off points for various haematological parameters.....	163
Table (17): Shows sample distribution according to anaemia and iron-deficiency aneamia per age-group based on the selected cut-off points for Hb and iron-definiency parameters, combined.....	164
Table (18): Shows distribution of sample according to iron-status per age-group.....	165
Table (19): Sensitivity of various haematological parameters in detecting anaemia and their specificity in excluding it.....	166
Table (20): Estimation of some nutrients presented as mean (SD).....	167
Table (21): Daily intake of protein, energy and iron presented as a proportion of WHO recommended dietary allowances (RDA)	168
Table (22): Shows sample distribution according to percent contribution of energy, protein, iron and ascorbic acid from 6 selected food groups known to have a relation to dietary iron bioavailablity.....	169
Table (23): The Inter-relation between iron-status and age with some nutrients (Multiple Regression Analysis).....	170
Tables (24, 25): Growth Indicators in relation to Iron-Status.....	171,172



## LIST OF FIGURES

	PAGE ~~~
Figure (1): The iron cycle.....	3
Figure (2): Control of iron absorption by the mucosal cells of the small intestine....	8
Figure (3): Role of Ascorbic Acid in Iron Bioavailability.....	41
Figure (4): Stages of iron-deficiency.....	72
Figure (5): Smooth tongue with atrophied papillae...	118
Figure (6): KOILONYCHIA.....	119
Figure (7): BLUE SCLERAE.....	119
Figure (8): Shows a scattergram for weight (Kg) and age (month) for anaemic iron-deficient cases (above) and non-anaemic non-deficient individuals (below) (Females).	173
Figure (9): Shows a scattergram for weight (Kg) and age (month) for anaemic iron-deficient cases (above) and non-anaemic non-deficient individuals (below) (Males)...	174
Figure (10): Shows a scattergram for height (cm) and age (month) for anaemic iron-deficient cases (above) and non-anaemic non-deficient individuals (below) (Females).	175
Figure (11): Shows a scattergram for height (cm) and age (month) for anaemic iron-deficient cases (above) and non-anaemic non-deficient individuals (below) (Males)...	176
Figure (12): Shows a scattergram for Head-circumf (cm) and age (month) for anaemic iron-deficient cases (above) and non-anaemic non-deficient individuals (below) (Females).....	177

Figure (13):	Shows a scatergram for Head-circumf (cm) and age (month) for anaemic iron-deficient cases (above) and non-anaemic non - deficient individuals (below) (Males).....	178
Figure (14):	Shows a scatergram for mid-arm circumf. (cm) and age (month) for anaemic iron-deficient cases (above) and non-anaemic non - deficient individuals (below) (Females).....	179
Figure (15):	Shows a scatergram for mid-arm circumf. (cm) and age (month) for anaemic iron-deficient cases (above) and non-anaemic non - deficient individuals (below) (Males).....	180
Figure (16):	Shows a scatergram for triceps skin-fold thickness (mm) and age (month) for anaemic iron- deficient cases (above) and non - anaemic non - deficient individuals (below) (Females).....	181
Figure (17):	Shows a scatergram for triceps skin-fold thickness (mm) and age (month) for anaemic iron- deficient cases (above) and non - anaemic non - deficient individuals (below) (Males).....	182
Figure (18):	Shows a scatergram for weight/height and age (month) for anaemic iron-deficient cases (above) and non-anaemic non - deficient individuals (below) (Both sexes).....	183
Figure (19):	Shows a scatergram for mid-arm circumf. / head-circ. and age (month) for anaemic iron-deficient cases (above) and non - anaemic non - deficient individuals (below) (Both sexes).....	184

#### LIST OF ABBREVIATIONS

<i>Hb</i>	:	<i>Haemoglobin.</i>
<i>PcV</i>	:	<i>Packed Cell Volume.</i>
<i>MCV</i>	:	<i>Mean corpuscular volume.</i>
<i>MCH</i>	:	<i>Mean corpuscular haemoglobin.</i>
<i>TIBC</i>	:	<i>Total Iron Binding Capacity.</i>
<i>TSZ</i>	:	<i>Transferrin saturation percentage.</i>
<i>FEPP</i>	:	<i>Free Erythrocyte Protoporphyrin.</i>
<i>or</i>	:	
<i>FEP</i>	:	
<i>ms.</i>	:	<i>Month.</i>
<i>RDA</i>	:	<i>Recommended dietary allowances.</i>
<i>ZM</i>	:	<i>Parameter presented as a proportion of standard median value.</i>
<i>circ.</i>	:	<i>Circumference.</i>
<i>Def.</i>	:	<i>Iron-deficient.</i>
<i>AUB</i>	:	<i>American University Of Byrout.</i>

# **INTRODUCTION**

## INTRODUCTION

Despite the abundance of iron in man's environment, iron-deficiency is the most common nutritional deficiency in the western world and the most common cause for anaemia worldwide (Lukens, 1984).

In Egypt, iron-deficiency is responsible for more than 75% of causes of anaemia (Khalifa, 1983).

In the national surveys conducted in 1978 and 1980, the percentage of preschool children with Hb values below 11 gm / 100 ml were reported to be 38% and 39% respectively. The highest prevalence was among age-group of 12-24 months (Galal, et al., 1984).

These low Hb values were attributed mainly to low iron-intake and its low bio-availability (non-haem). (Abdou and Moussa, 1975).

Hussein, et al., (1985) reported a prevalence of 32.4% in the school-age children. The magnitude of anaemia in the age - group 2 - 7 years was the same; 33%.

So the subject of anaemia in the age-group below 5 years, in relation to different dietary regimens, is lacking.

## **AIM OF THE WORK**

*The aim of this work is to study the magnitude of anaemia in infants and toddlers (up to 60 months) and to throw more light on the availability of iron during weaning practices in Egypt and during the period of transition to the household diet. Evaluation of growth is going to be looked for as well.*