

## The prevalence of iron-deficiency anemia in the pregnant women referring to health centers in Zahedan

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### Abstract

**Introduction:** Nowadays, anemia is one of the most common but forgotten nutritional deficiencies in the world. More than half of pregnant women and one third of non-pregnant women of fertile age are suffering from anemia. This study was undertaken to determine the prevalence of iron-deficiency anemia in the pregnant women referring to Health Centers in Zahedan.

**Materials & Methods:** In this descriptive study, 287 pregnant women who were at the 9<sup>th</sup> month of pregnancy and referred to 5 Health Centers in Zahedan participated in the study. Data was gathered by a 17-item questionnaire including demographic data and related information on pregnancy. To determine hemoglobin (Hb) and ferritin, a blood sample was taken from the subjects too. In order to examine the relationship among variables,  $\chi^2$  and correlational tests were used. An alpha level of <0.05 was considered significant.

**Results:** The results showed that 12.9% of the subjects had iron deficiency anemia with Hb values under 10.5 g/dl and 42.2% of them had iron deficiency anemia with ferritin values under 12 mg/L. There was a significant statistical relationship between ferritin levels and iron consumption during pregnancy (p<0.001).

**Conclusion:** Considering the high prevalence of iron-deficiency anemia in this research, that will give rise to LBW newborns, premature labors, fetal demise, post partum hemorrhage and fetal distress, it is necessary to offer unremitting and subtle care during pregnancy, teach pregnant women on the subject and provide sufficient micro nutrients to them.

**Key Words:** Pregnant women, Pregnancy, Iron deficiency anemia, Hemoglobin, Ferritin, Prenatal care.

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