



Iron deficiency anemia: a hematological disorder influencing reproductive age women

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ABSTRACT

Anemia is a leading public health problem that contributes substantially to women's health even today. Prevalence of anemia is very high in vulnerable groups especially in children and women of reproductive age. However, it is more evident in pregnant women and young girls. Reproductive age is a period where remarkable growth changes occurs necessitating optimum nutrition requirement. Anemia has been known to be responsible for a number of maternal and fetal complications. Iron deficiency anemia (IDA) is one of the most common anemia with high prevalence rate. In India, national and regional surveys, estimates that the prevalence of anemia could be as high as 74 per cent in children below three years of age, 85% in expectant mothers and 90 per cent among adolescent girls in some population groups. Anemia is the second most common cause of maternal death in India accounting for 20% of total maternal deaths. Due to IDA, women are at increased risk of preterm delivery and low birth weight which eventually leads to behavioural and affective disorder in children. The aim of this review focuses on the prevalence of IDA and its influence on young women and maternal health.