

Anemia during pregnancy is a public health challenge facing the world today, especially in developing countries. Normal physiologic changes in pregnancy affect poor nutrition, iron and folate deficiencies, and other diseases like malaria. Approximately 75% of all anemia diagnosed during pregnancy is due to iron deficiency. WHO has estimated that the prevalence of anemia in pregnant women is 14% in developed and 51% in developing countries. Anemia with hemoglobin levels less than 6g/dl is associated with poor pregnancy outcomes. Spontaneous abortions, prematurity, low birth weight, and fetal deaths are complications of severe anemia. Treatment of mild anemia with iron and folic supplements prevents more severe forms of anemia [1].

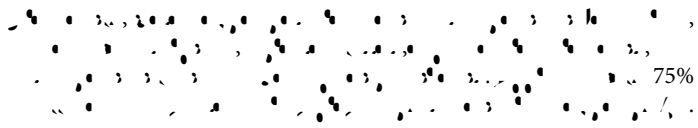
November 23, 2021

Kaur M, Badwal TK, Kang AK, Sekhon HS (2021) Anemia in Pregnancy Consequences and Challenges. J Preg Child Health 8: 499.

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Introduction

Anemia is a common condition during pregnancy, affecting approximately 30-50% of pregnant women worldwide [1]. It is characterized by a decrease in the number of red blood cells or the amount of hemoglobin in the blood. Anemia during pregnancy can lead to various complications, including preterm delivery, low birth weight, and increased risk of maternal and fetal mortality [2]. The most common cause of anemia in pregnancy is iron deficiency, which can be exacerbated by increased iron requirements and decreased iron absorption [3].



Main causes for iron deficiency



Folate and Vitamin B

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Conclusion

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