IAP - IJPP CME 2025

NUTRITIONAL ANEMIA

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Abstract: *Anemia is a major global health problem, affecting approximately one-fourth of the world's population. In India, nearly one-third to one-half of the children are affected by nutritional anemia. Iron deficiency is the most common cause, followed by vitamin B and folate deficiencies. Early screening is crucial for timely diagnosis and intervention, which can prevent long-term complications, including impaired growth and neurodevelopment. Prevention through dietary diversification, iron and micronutrient-rich foods, and national programs such as iron-plus initiative is crucial.*

Keywords: *Anemia, Iron deficiency, Cobalamin deficiency, Iron, B12, Folate.*

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Points to Remember

- ***Screening, early diagnosis and patient-centred management are essential to prevent complications.***
- ***Choosing the optimal oral or parenteral iron preparation is critical for effective treatment.***
- ***Megaloblastic anemias are often under recognized; clinicians should maintain a high index of suspicion.***
- ***Consider genetic work-up for megaloblastic anemia if there is a positive family history of B12 deficiency, recurrent deficiency or early-onset seizures.***
- ***Clinical suspicion of B12 deficiency justifies a therapeutic trial to confirm diagnosis and initiate timely treatment.***

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