Prevalence of iron deficiency anemia among children with recurrent upper respiratory tract infections in Alexandria University Children's Hospital

Maha Ahmed, Alexandria University, Egypt

Abstract (300 word limit)

Acute respiratory infections (ARIs) are not confined to the respiratory tract and have systemic effects because of possible extension of infection or microbial toxins, inflammation, and reduced lung function. ARIs are considered as one of the major public health problems and it is recognized as the leading cause of mortality and morbidity in many developing countries. The percentage of iron deficiency anemia among children who experienced recurrent upper respiratory tract infections was 42.9%. According to world health organization, more than half of children in the South-East Asia and African Regions (53.8% or more) are classified as having anemia. Balanced and adequate nutritional supplementation to the growing children is of immense importance for development and maturity of immunity, consequently development of resistance against the infections. So nutritional inadequacy including the iron deficiency forms an indirect risk factor for the contracting infections, particularly recurrent URTIs which was the concern of the current study.

Conclusion

Iron deficiency anemia is common among children with recurrent upper respiratory tract infections. They have cause and effect relationship, where it can be a predisposing factor for the recurrence of infection by its effect on immunity. It may also occur as a result of recurrent infections.



Biography (150 word limit)

Maha Ahmed who is Specialist in Pediatrics & Neonatology at Ministry of health,Egypt. She has MSc from Alexandria University, Faculty of Medicine, Egypt, and trained in pediatrics and neonatology at Alexandria University Children's' Hospital and at Ministry of Health. She has also Professional Diploma in pediatric Neurodisabilities from Alexandria University, Faculty of Medicine, Egypt.

Email: mooha15@hotmail.com

Notes/Comments: