

## Study of Anemia in Elderly Patients with Special Reference to Serum Iron Profile, Vit. B12 & Folic Acid Levels

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In elderly persons, etiology of anemia differs sufficiently from the etiology in younger adults to warrant considering anemia in elderly as a distinct entity. The clinical element in treating anemia is to identify reversible etiologies for the anemia.

### Aim

To evaluate etiological & clinical profile of elderly anemic patients in a tertiary care centre.

### Methods

This study includes 50 elderly (>65yrs) anemic patients diagnosed by clinical & biochemical parameters presented in NSCBMCH Jabalpur during Oct. 2010 to June 2012. All patients underwent routine lab investigations, S.I.S.F, TIBC, Vit. B12, Folic acid levels & Bone marrow examination. Patients having CKD, HIV, PTB, Malignancy, Sickle cell anemia, Chemotherapy induced anemia are excluded from the study.

### Results

Out of 50 elderly anemic patients 58% were males & 42% were females. Prevalence of anemia was 26% among age 66-75, 34% among age 76-85 & 40% among age 86 or older. Hb level was b/w 0-5gm% in 28% cases, 5-10gm% in 66% cases & >10gm% in 6% cases. 90% cases had microcytic hypochromic anemia due to iron deficiency out of which 36% was due to nutritional deficiency. 6% had normocytic normochromic & 4% had macrocytic hypochromic anemia. 6% cases had anemia of unknown etiology. 82% cases had low serum iron levels. 90% had intermediate serum ferritin levels. 4% had vit. B12 deficiency. No cases had Folic acid deficiency. Mortality due to anemia was 8%.

### Conclusion

In this pilot study anemia is more common in males. As age increases prevalence of anemia increases. MC cause was iron deficiency anemia due to nutritional deficiency. Above study underlies the importance of maintaining an adequate nutritional intake among elderly & the need to focus upon this subgroup of population in the design & implementation of population-based nutritional programmes.