

HEMATO-ONCOLOGY**NUTRITIONAL ANEMIA - STRATEGY FOR PREVENTION AND MANAGEMENT*****Elizabeth KE**

Abstract: *This review elucidates the prevalence of anemia in various age groups in India and existing strategies for prevention and management of anemia. The inadequacies of existing strategies and their solutions are discussed. Multi-pronged approach incorporating delayed cord clamping, iron folic acid supplementation, dietary diversification and food fortification is recommended. Besides, there is a need to address iron refractory anemia, infections like malaria, worm infestations, Helicobacter pylori infection and also genetic causes like hemoglobinopathies.*

Keywords: *Anemia, Prevalence, Digital testing for hemoglobin, Anemia mukt bharat, National iron plus initiative.*

Points to Remember

- *There is high prevalence of anemia in all age groups including women of reproductive age, in our country which is a serious public health problem.*
- *Anemia Mukt Bharat is an updated version of National Iron Plus Initiative (NIPI) campaign.*
- *For operational convenience, double the dose of IFA recommended for prophylaxis is given for treatment of iron deficiency anemia, followed by monitoring after 2-4 weeks.*
- *Currently the tolerable upper limit of elemental iron is estimated as 60 mg.*
- *If there is no improvement in hemoglobin, alternate causes should be considered.*
- *Multi-pronged approach like delayed cord clamping, iron folic acid supplementation, dietary diversification and food fortification is recommended.*
- *Behavioral Change Communication aims at dietary diversification.*
- *Iron fortified rice and other cereals, double fortified salt and home fortifications are recommended.*
- *WHO 2001 recommends that children between 6 - 59 months must be prescribed daily iron if the prevalence exceeds 40%.*
- *Dietary diversity and ideal phytate to iron ratio (< 0.4 :1) and vit C to iron ratio (4:1) are recommended for better absorption.*

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