

UNVEILING HOPE: EXPLORING THE PREVALENCE AND PATTERNS OF DIMORPHIC ANEMIA IN ANTENATAL PATIENTS

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INTRODUCTION :

Anemia is a prevalent complication during pregnancy, primarily due to the increase in plasma volume that surpasses maternal hemoglobin levels. Adequate iron and folic acid are essential for ensuring the well-being of both mother and child—especially in regions like Pakistan, where anemia rates are alarmingly high. Understanding specific patterns like dimorphic anemia is crucial for effective diagnosis and treatment

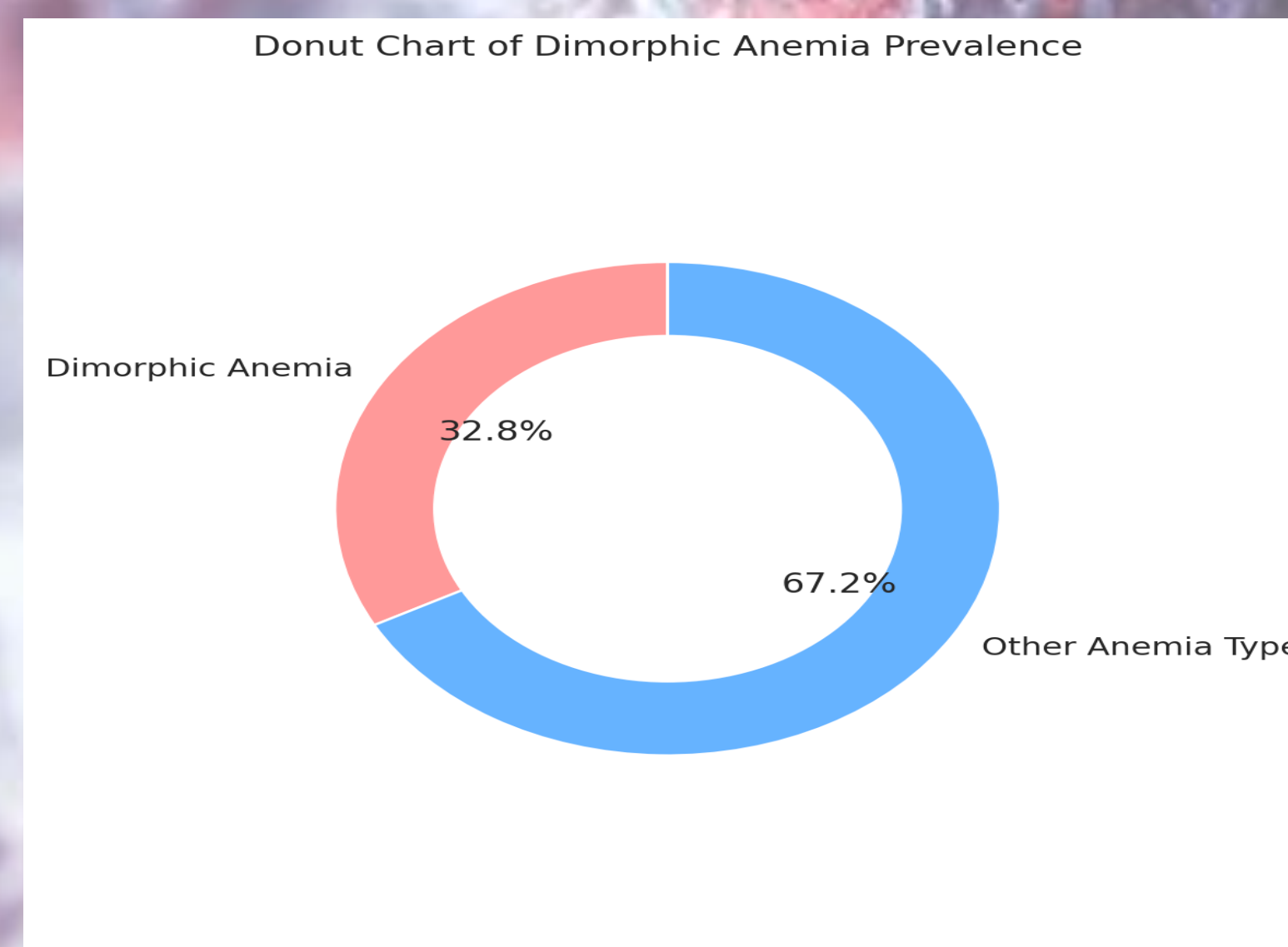
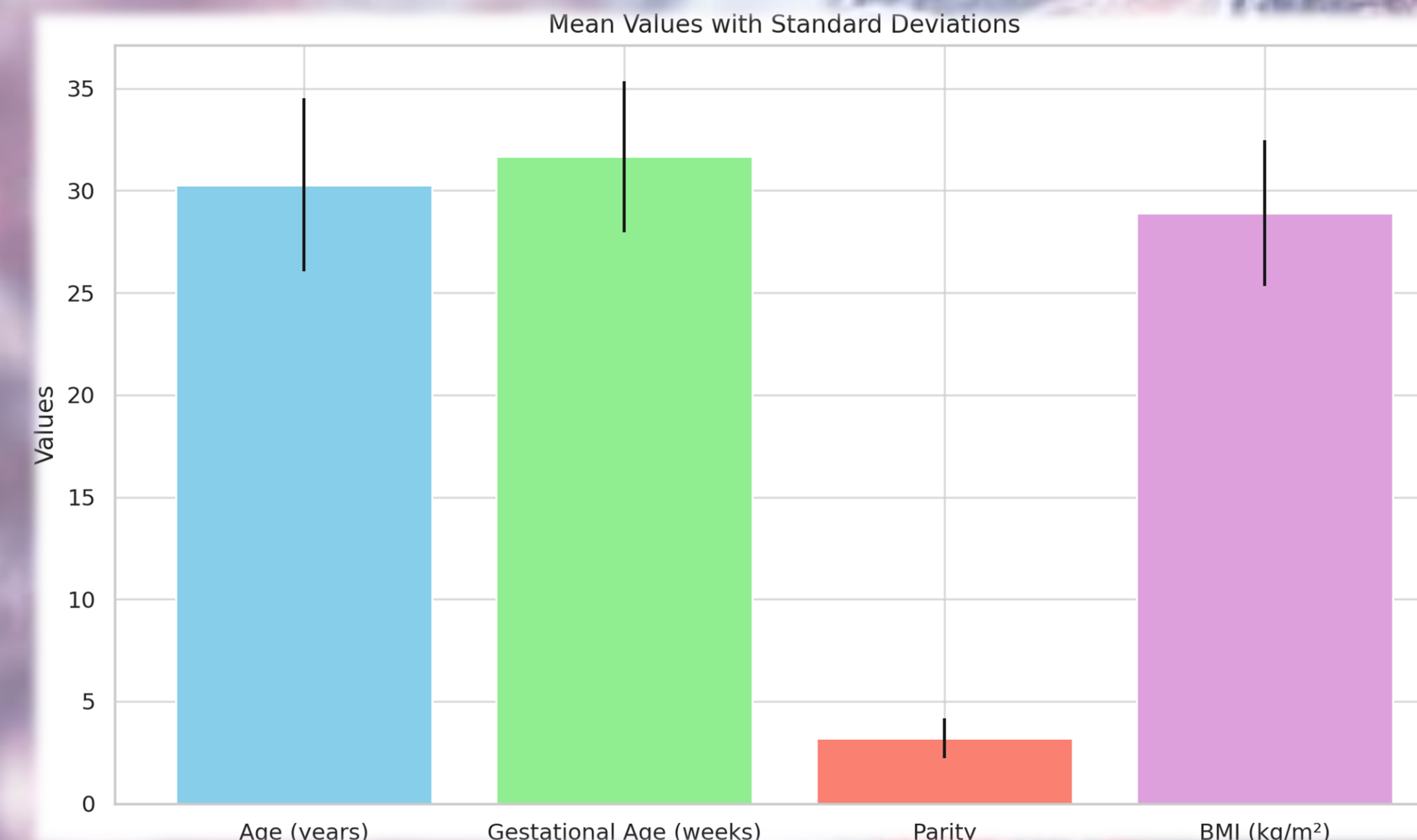
Background: Anemia is a significant health challenge, particularly among pregnant women, with prevalence rates ranging from 35% to 70% in developing countries. Studies have reported varying rates of dimorphic anemia, including 9.4% in Nepal and 18% in Pakistan and 13% in India.

Objective:

This study aims to determine the frequency of dimorphic anemia among antenatal anemic patients in an obstetric outpatient setting

Materials and Methods:

A descriptive, cross-sectional study was conducted at the Department of Obstetrics & Gynecology, PIMS, Islamabad, from August 2020 to February 2021. We included 131 women aged 16 to 40 years with singleton pregnancies of at least 24 weeks gestational age, all presenting with anemia. Participants with hemolytic anemia, chronic liver disease, or chronic renal failure were excluded. Blood samples were taken for complete blood count and serum ferritin measurements.



Results:

The mean age of participants was 30.28 ± 4.23 years, with 53.44% between 25 and 29 years old. Mean gestational age was 31.66 ± 3.70 weeks, mean parity was 3.20 ± 0.98 , and mean BMI was 28.89 ± 3.56 kg/m². The frequency of dimorphic anemia among antenatal anemic patients was found to be 32.82%.

Discussion:

The high prevalence of dimorphic anemia highlights the urgent need for greater awareness and screening among pregnant women. Our findings emphasize the importance of nutritional support, particularly iron and folic acid supplementation..

Conclusion:

This study reveals a concerning high prevalence of dimorphic anemia in antenatal patients, underscoring the importance of targeted screening and nutritional management to enhance maternal and fetal health outcomes. Further research is needed to identify the underlying causes of this prevalence.