

DIETARY IRON DEFICIENCY ANEMIA

Summary

Erythropoiesis is the biological process that consumes the highest amount of body iron for heme synthesis in erythrocyte precursors. Iron deficiency anemia (IDA) is the most frequent form of anemia in humans worldwide caused by deficiency of dietary iron. IDA develops as a result of depleted iron stores. IDA is more common in developing countries, with infants, children, adolescents, pregnant

and lactating women being at a significantly higher risk for this condition. To reach a definitive diagnosis of IDA, in addition to performing analysis of blood hematological parameters, iron serum parameters and ferritin level should be measured. In recent years, new parameters have been developed to help physicians in the diagnosis of IDA.