

Prevalence of Anemia among Reproductive Age Women in Pyin Oo Lwin Township

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Anemia is an important health problem and it is caused by a wide range of causes. Early diagnosis and effective treatment is important because morbidity and mortality of the disease is high. According to community surveys by National Nutrition Center-Department of Health, the prevalence of anemia was 45% among non pregnant women (2001), and 26% among adolescence school girls (2002), 71% among pregnant women (2003), and 75% among under-five children (2005), in Myanmar. The present study was designed to assess the prevalence of anemia, severity of anemia and types of anemia in reproductive age women in Pyin Oo Lwin Township DURING 2016. This study was community and laboratory based descriptive study. Two hundred reproductive age women (15-45) years from Pyin Oo Lwin Township were studied. History taking, physical examination and taking blood sample (5cc) were performed under a septic condition after taking informed consent. Haematological parameters were assessed by using Humacount60 Haematology Auto Analyzer and peripheral blood film examination were done by pathologist from Pathology Research Division, DMR. After testing blood samples, supplement drugs were given to anemia cases and health education to community by giving pamphlet. The prevalence of anemia among reproductive age women was 27.5%, which included 19% of mild and 8.5% of moderate anemia cases. According to blood film examination, 75.5% were normal blood film and 25.5% showed these results, 13.5% were mild hypochromic microcytic anemia, 3.5% eosinophilia, 2.5% in normochromic normocytic anemia and neutrophil leukocytosis, 1% in hypochromic microcytic anemia with thrombocytosis and mild hypochromic microcytic anemia with eosinophilia respectively. Anemia is one of the most common and intractable nutritional problems in the world today. The main causes of anemia are dietary iron deficiency, infectious diseases such as malaria, hookworm infections and schistosomiasis, deficiencies of other key micronutrients including folate, vitamin B12 and vitamin A of inherited conditions that affect red blood cells (RBCs) such as thalassaemia. This study was preliminary data or baseline data for anemia in reproductive age women in Pyin Oo Lwin Township and further study for causes of anemia should be done in community level for public awareness and health education for anemia.