

"Prevalence of Anaemia among Elderly persons in Pyin-Sar village of Pyin Oo Lwin"

Nandar Ko¹, Nyein Nyein Thaung¹, Tin Moe Khaing¹, Nan Phyu Phyu Mar¹, Ye Yan Aung²,
Aung Thu¹, Khin Moe Aung¹, Win Aung¹

¹Department of Medical Research (Pyin Oo Lwin Branch)

²Department of Medical Services

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Abstract

Anaemia is one of the most common public health problems of older population especially in developing countries. While decreased hemoglobin levels were previously largely considered a normal consequence of aging, now there is evidence that anemia is associated with an increased risk for morbidity and mortality. The aim of this study was to determine the prevalence of anemia and severity of anemia among elderly persons in Pyin Sa village tract of Pyin Oo Lwin Township. Community and Laboratory-based, cross-sectional descriptive study was done at Department of Medical Research (Pyin Oo Lwin Branch) during September to December 2015. Personal details of 100 elderly people over and age of 60 years old were collected in each case, and taken 2ml of blood under aseptic condition. Haematological parameters were measured by haematological autoanalyzer and blood film examinations were done. According to hemoglobin (Hb) cut-off levels defined by the World Health Organization (WHO) anemia is defined as Hb <12g/dl for females and <13g/dl for males. There are three grades of anemia severity were differentiated as severe (Hb < 8 g/dL), moderate (Hb 8 to <9.5 g/dL), and mild (Hb ≥ 9.5 g/dL) respectively. The overall prevalence of anaemia among the older persons was 30 cases (30%). The majority 28% showed mild anaemia, and moderate anaemia was recorded in 2%. Results show that prevalence of anemia 30% contains two types of anemia, hypochromic microcytic anemia 27% and macrocytic anemia 3% in this study. Therefore, the results showed awareness of anemia in this studied population and geriatric persons should be routinely screened for anemia for early diagnosis, effective treatment and prevention are important in rural area of developing country.