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The frequency rates of iron deficiency anaemia among Saudi female who attending to before marriage clinic examination

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Iron deficiency anaemia is the most severe consequence of iron depletion, is still considered as the most severe and important nutritional deficiency worldwide. According to the World Health Organization and World Bank, iron deficiency anaemia (IDA) have been ranked as the third leading cause of disability adjusted life years (DALYs) lost for women of reproductive age. Thus, the aim of this study was to investigate the prevalence and frequency rates of iron deficiency anaemia among un-married Saudi female of reproductive age, who attending to before marriage clinic examination, in Taif city. The majority of female participant's samples 94% were characterized with low haemoglobin and red blood cells with low serum iron, serum ferritin and high iron binding capacity. However, the results of total iron-binding capacity (TIBC) were variable among participants sample. All participants were free of any chronic diseases and aged between 18-40 years. In this study measuring serum iron and serum ferritin were the main diagnostic tests used for IDA. Thus, the results of this study illustrated that iron deficiency anemia is highly prevalent (94%) among females in the study area.

Biography

Rana Ghazi Zaini has completed her PhD from Sheffield Hallam University. She is an Assistant Professor in Hematology, Head of Clinical Laboratories Department at College of Applied Medical Sciences, Taif University. She has published more than 20 papers in several journals and has been serving as an Editorial Board Member in two journals; *Journal of Heart Diseases: Current Research* and *Journal of Transmitted Diseases & Immunity*.

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