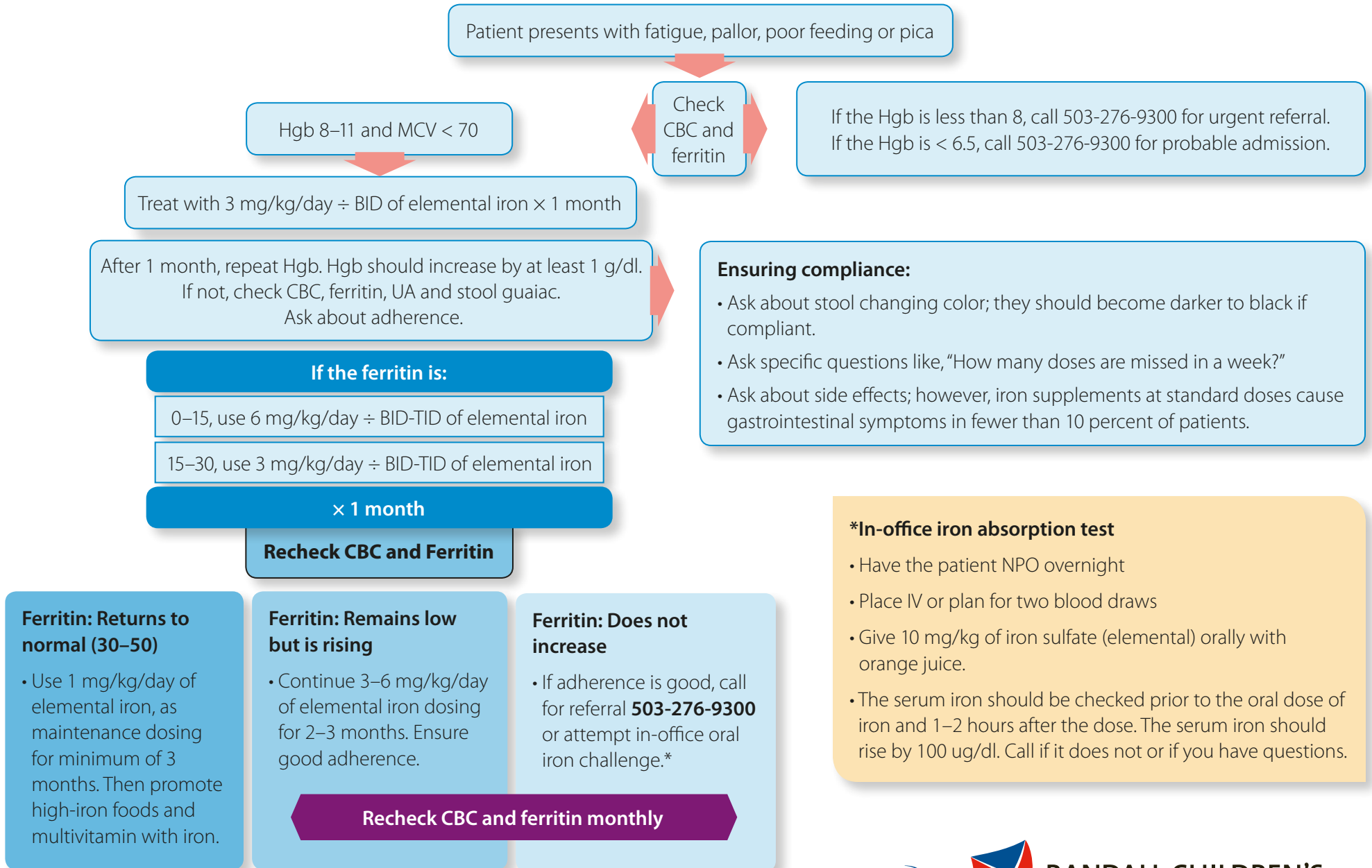
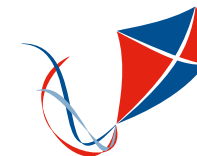


Co-management guidelines for iron deficiency anemia

Presented by Randall Children's Cancer and Blood Disorders Program



Hgb = hemoglobin g/dl; MCV = mean corpuscular volume fL;
CBC = complete blood count; ferritin units ng/ml



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Co-management guidelines for iron deficiency anemia

Iron deficiency is the most common nutritional deficiency in children

Causes for recurrent or refractory iron deficiency:

- Compliance failures or intolerance to medication
- Ongoing gastrointestinal blood loss (cow's milk protein-induced colitis, parasitic infection, ulcers, *H. pylori*, Meckel diverticulum or other anatomic maladies)
- Chronic inflammatory bowel disease and celiac disease
- Rare mutations of iron transport
- Pulmonary hemosiderosis

Complications of iron deficiency:

- Impaired psychomotor and mental development
- Decreased exercise capacity
- Pica
- Impaired leukocyte and lymphocyte function

Tips to help with iron absorption:

- Iron settles in a solution; shake bottle before use.
- Give with orange juice or baby foods containing ascorbic acid. The vitamin C aids in absorption.
- Do not give with milk or food; the calcium competes with iron absorption.
- Use a solution that is palatable, such as Niferex or Novaferum (can be purchased on the internet).

Our pediatric hematology/oncology providers:

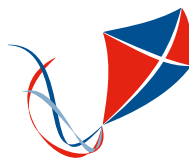
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Fax: **503-276-9351**

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