



CHAPTER III

CONCEPTUAL FRAMEWORK

In the women who are in the reproductive age group, iron deficiency anemia can be due to three main causes.

1. Chronic blood loss :

It can be due to hook worm infestation, gastrointestinal loss from gastritis or peptic ulcer usually due to aspirin intake, or hypermenorrhea.

2. Inadequate iron intake :

There are many factors that influence iron intake : firstly, iron food content and percentage of absorbable iron : secondly, amount of food that one eats; thirdly, absorption of iron depending on the pathology of the intestine, presence of enhancers and inhibitors of iron absorption in the food. Quality of food depends on income, eating habits, belief and availability of food.

3. Increasing iron requirement :

Pregnancy and lactation increase the iron requirement in women. Every time a woman gets pregnant, she loses her iron storage especially if there is no adequate iron supplementation during that period. The number and frequency of pregnancy in a woman may have an effect on her iron status.

When iron deficiency anemia occurs, it can cause socioeconomic loss due to a decrease in work performance and productivity especially when the prevalence is high.

The other socioeconomic loss is due to the expense of health service that should be provided for severe cases who seek for help in the hospital and for the treatment of complicated pregnancy, premature baby and maternal death.

To know the true prevalence of iron deficiency anemia among the reproductive age group of women and its associated factors may help us identify the high risk group and provide the treatment to them.

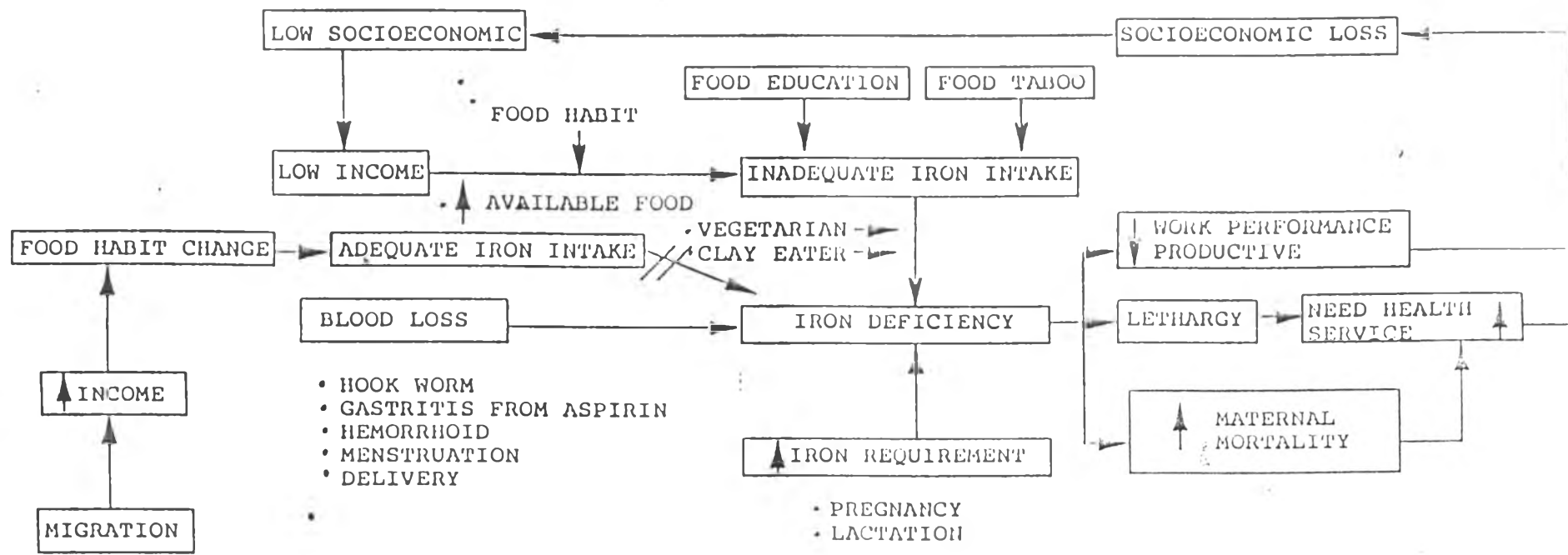


FIGURE I: CONCEPTUAL FRAMEWORK : IRON DEFICIENCY IN ADULT FEMALE REPRODUCTIVE AGE GROUP

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