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TITLE

ANEMIA AND PREGNANCY

AUTHOR/S

Shala S (KO) [1], Pacarada m (KO) [2], Krasniqi m (KO) [3], Beqiraj I (KO) [4]

ABSTRACT

The aim of this study was to assess the prevalence and risk factors anemia in pregnant women attending antenatal care.

Pregnant women are the most vulnerable groups to anemia. Normal physiologic changes in pregnancy affect the hemoglobin (Hb), and there is relative or absolute reduction in hemoglobin concentration.

Red blood cells morphology hemoglobin level determination was assessed following the standard procedures on all examined patients. Anemia is diagnosed based on the patient's symptoms and from various laboratories. All pregnant women are at risk, for becoming anemic. That's because, they need more iron and folic acid than usual.

The risk is higher if :

- . Multiples pregnancy;
- . Pregnant teenager ;
- . Two pregnancies close together .

Social status of the families and impact in eat with foods that are rich in iron.

Method: A cross – sectional study was conducted at University Clinical Center Prishtina Clinic of Gynecology and Obstetric ,analyzed by using statistical data of 821 patients.

Results : Among the study 821 study participants ,the prevalence of anemia was 223 (27.16 %).

Majority of the pregnant women had normochromic red cell morphology .

Conclusion : It is important , however to diagnose and treat anemia in pregnancy to provide for optimal health of the mother and infant. Good nutrition is the best way to prevent anemia.

Key words : Anemia, Pregnancy ,Nutrition,Hemoglobin concentration.

INSTITUTE

[1] 1 Department of Gynecology ,University Clinical Center OF Kosova .Medical Faculty University of Prishtina, [2] 1 Department of Gynecology ,University Clinical Center OF Kosova .Medical Faculty University of Prishtina, [3] 1 Department of Gynecology ,University Clinical Center OF Kosova .Medical Faculty University of Prishtina, [4] family medical centre