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¿Qué es la Anemia Ferropénica?

Definición

Se conoce como anemia a la disminución de la cantidad o el tamaño de los glóbulos rojos en la sangre, los cuales son los encargados de transportar el oxígeno a todo el cuerpo. Existen muchas causas y tipos de anemia, sin embargo, la causa más frecuente es por disminución de hierro en la sangre, conocida como "anemia ferropénica".

Causas

- Pérdida crónica de sangre.
- Consumo dietético insuficiente de hierro especialmente en lactantes y niños.
- Malabsorción de hierro.

Diagnóstico

- Determinación del sitio de la hemorragia
- Biometría hemática
- Estudio coprológico

Manifestaciones

- ✓ Fatiga
- ✓ Debilidad
- ✓ Cabello y uñas quebradizas
- ✓ Dificultad para respirar
- ✓ Palpitaciones
- ✓ cefalea
- ✓ Pica (antojo de comer sustancias inusuales como lodo o hielo)
- ✓ En niños: atención disminuida, retardo en el desarrollo y en logros conductuales, pobre respuesta a los estímulos sensoriales, retraso en el crecimiento longitudinal.

Normal

Anemia

Tratamiento

- ✓ Terapia con hierro oral: sales ferrosas orales como el sulfato ferroso.
- ✓ Terapia con hierro parenteral: cuando hay malabsorción, intolerancia a las preparaciones de hierro oral, necesidad de exceder las cantidades de hierro, pacientes no cooperadores con el tratamiento, pacientes con insuficiencia renal en diálisis.

¿Cómo la podemos prevenir?

Es importante ingerir alimentos ricos en hierro, principalmente en niños puesto que los requerimientos de hierro son muy importantes para un buen desarrollo y correcto crecimiento de ellos.

Díaz Villagómez Wendy Marisol
Domínguez Hernández David Samuel
Estrada Cervantes Dulce María
Asesor: Dr. Lauro Fabián Amador Medina

Diagnostico

- Se deben separar las pruebas de laboratorio entre las que corresponden al diagnostico de la deficiencia de hierro de aquellas que corresponden a las características de la anemia. En primera instancia se debe realizar

- ☐ Cuadro hemático
- ☐ Ferritina sérica
- ☐ Estudios de la medula ósea
- ☐ Hierro sérico
- ☐ concentración de protoporfirina eritrocitaria

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Síntomas de la anemia ferropénica en adolescentes. Síntomas de anemia ferropénica en adultos. Síntomas de anemia ferropénica en niños. Síntomas de anemia ferropénica en el embarazo. Signos y síntomas de la anemia ferropénica en niños. Signos y síntomas de anemia ferropénica. Síntomas de anemia ferropénica en mujeres. Cuáles son los síntomas de la anemia ferropénica.

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We recommend the reader that any doubt related to health directly consulting it with the corresponding health professional. Pediatrics www.nhlbi.nih.gov/health-topics/iron-deficiency-anemia. FAQ046. Page 5MCQUID KR. Pmid: 23744611 pubed.ncbi.nlm.nih.gov/23744611/Mendiratta V, Lentz GM. 2nd Ed. Depression and older adults. Rosen emergency medicine: Concepts and Clinical Protect. Database Cochrane Syst Rev. Depressive distances. Questruces of C  lon. At: Pizzorno Je, Murray Mt, Eds. In: Kliegman RM, St. Geme JW, Blum NJ, Shah SS, Tasker RC, Wilson Km, EDS. Approach to anemias. Sabiston Didactic Book of Surgery. Methods, instead of the number of red gl  cules, consider anemia to the declension in the amount of hemoglobin in the blood. Nelson Pediatrics Textbook. For this, they have inside a protein called hemoglobin. In general, an anemia usually causes fatigue and, sometimes, sensation of shortness of air. 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Strange bodies and bezoares. In addition, the iron by mouth can produce the following adverse effects: pregnancy and less frequency, diarrhea. You can also have croncal bleeding anywhere else, although a not visible bleeding is usually located within the digestive tract and can be due to: digestive tract c  os (stomach c  ms C  lon C  lon C  lon Fundamentally). It is probably the most frequent type of anemia in the Western countries, especially in foolish women. In: Mapowan BA, Owen P, Thomson A, Eds. PMID: 27000311 www.pubed.ncbi.nlm.nih.gov/27000311/. Effectively anemia for Iron can be avoided. A transferrin saturation index (the amount of transferrin that carries iron into that is low). 2013; 155-188.Fava M, Mtergaard SD, Cassano P. Psychiatry. Railroopic anemia in is correctly corrected with iron contribution. Filad      Lfia, PA: Elsevier; 2018: Chap 36.Mans RT. 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