Prevalence of anemia among advanced age and adolescent pregnant

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Objective

The aim of this study was to compare the anemia frequencies of the adolescent and advanced age pregnant women who gave birth in our hospital.

Methods

5040 women who gave birth in Dr. Sami Ulus Maternity and Womens' Health Training and Research Hospital between 01. 01. 2012-01. 01. 2014 were retrospectively investigated. Pregnant women aged ≥ 35 and ≤19 were included in the study. The presence of anemia was defined as a hemoglobin concentration <110 g/L (11. 0 g/dL) according to the definition of World Health Organization. The hemoglobin concentrations of the pregnant women before birth were evaluated. The frequency of anemia and the mean Hb values of the groups were compared. Data from this study was analyzed using SPSS for Windows version 15. 0 software. Frequencis, mean, standard deviation, minimum and maximum values were calculated. Student's t-test were used for comparisons between the groups. Statistical significance was considered at a two-tailed value of $p < 0.05$.

Results

A total of 503 adolescent and 164 advanced aged pregnant women were included in the study. The mean age of the adolescent group was 17. 9 ± 1. 09 (min 14. 0 -max 19. 0) and advanced age group was 39. 58 ± 1. 75 (min 35 -max 48). Anemia was found in 43. 1% of adolescent group where as in 27. 4% of advanced age group. The mean Hb level in adolescent group was significantly lower than advanced age group (respectively 9. 85±2. 3, 11. 71. ±1. 42, $p < 0.05$).

Conclusion

Both the adolescent and the advanced age pregnants are considered as high risk pregnancies. However, adolescent pregnants constitute the highest risk group for anemia due to increased iron needs and malnutrion in adolescent period. Therefore we should strongly focus on the recognition and treatment of anemia in pregnant adolescent women.