

Original Research Article

A study of pattern and causes of anemia in elderly patients admitted at tertiary centre

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Abstract: Anemia in the elderly is common and increasing as the population ages. In older patients, anemia of any degree contributes significantly to morbidity and mortality and has a significant effect on the quality of life. The objective is to study the types and causes of anemia in the elderly. Total of 100 elderly patients of either sex admitted to our hospital with anemia was evaluated by biochemical, pathological and other relevant investigations to assess the type and cause of anemia. 100 patients were included in the study, of which 76 were male and 24 were females. 70 patients were between the ages of 60 to 69 years, 23 patients between 70 to 79 years, 7 patients above 80 years. The major pattern of anemia among patients was normocytic (42%) followed by microcytic (33%) followed by macrocytic/ dimorphic (22%), 3 patients had AML on peripheral smear. Out of 33 Patients with microcytic anemia 16 had anemia due to chronic blood loss, 7 anemia of chronic disease, 5 nutritional deficiencies. Out of 42 normocytic anemia patients 33 had anemia of chronic disease, 7 acute blood losses, 1 patient each of MDS and Aplastic anemia. Out of 22 macrocytic / dimorphic anemias 16 patients had B 12 and folate deficiency and 6 patients had alcoholic liver disease. Normocytic anemia is the commonest pattern of anemia (42%) in elderly and anemia of chronic disease the commonest cause (40%) in our study. Anemia is one of the most common morbidity/ co morbidity in elderly. In our study normocytic anemia was the commonest pattern of anemia in which chronic illness was the commonest etiology. A systematic approach for diagnosing the etiology of anemia in elderly patients is essential, as treatment of anemia goes a long way in improving the overall outcome and quality of life.

Keywords: Anemia, elderly, normocytic, anemia of chronic disease, CKD (chronic kidney disease), AML (acute myeloid leukemia)