

| University Of Baghdad | |
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| Alkindy College Of Medicine/ Research Module | |
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| Abstract | <p>Anaemia among obese adult males attending the obesity research and therapy unit at AL-Kindy college of medicine</p> <p style="text-align: center;">•</p> <p style="text-align: center;">ABSTRACT</p> <p>Anemia among overweight and obese males attending the obesity research and therapy unit at AL-Kindy College of medicine</p> <p>Background: Anemia is considered by World Health Organization (WHO) as a global health problem. It can be affected by the body mass index of an individual since increasing weight can result in low-grade systemic inflammation and elevation of hepcidin which results in sequestration of iron inside a variety of cells including macrophages, hepatocytes an enterocytes and this would lead to the development of what is known as anemia of inflammation. In this study, we aimed to evaluate the effects of BMI on complete blood count parameters.</p> <p>Patients and methods: In this cross-sectional, retrospective study; the data of 200 overweight and obese male patients with CBC, aged (18-60 years) were collected. They were grouped according to BMI into overweight and obese; different CBC parameters were noted. Intergroup comparison was applied regarding different blood parameters and the relations with BMI were calculated.</p> <p>Results: The prevalence of anemia was 16%. An extremely significant difference was found in mean white blood cells count in relation to different BMI groups ($p=0.001$). A positive linear correlation was found between BMI with RDW, WBC, and platelets.</p> <p>Conclusions: There were effects of increasing BMI on complete blood count parameters.</p> <p>Keywords: obesity, overweight, anemia, CBC</p> |

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