



ABSTRACT

Iron deficiency anemia in breastfeeding women and its impact to offspring's health

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Breastmilk contains all the important nutrients for infant. The World Health Organization (WHO) recommends exclusive breastfeeding for infants up to six months of age to achieve optimal growth, development, and health. Breastfeeding also protects against illnesses such as diarrhea, pneumonia, and allergy. However not all women have similar condition, some health problems in breastfeeding mothers can affect the offspring such as anemia. Iron-deficiency anemia in breastfeeding women can be caused by anemia during pregnancy, postpartum bleeding, and low intake, among others. Breastfeeding mothers with anemia has lower iron content in breastmilk. Maternal hemoglobin levels also affect composition of breastmilk in terms of nutrition and immunological properties. Infants has iron stores that support their wellbeing only up to 6 months of life, so breastmilk low in iron could lead to increased risk of iron deficiency in late infancy. Children with iron deficiency are at risk of anemia, neurodevelopmental impairments, and thus school performance. They are also more prone to infection. Therefore, it is important to prevent and screen iron-deficiency anemia in breastfeeding women, to ensure optimal growth and development in the offspring.

Keywords: anemia, breastfeeding, impact, iron deficiency

Website
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