The Association between iron-deficiency anemia and recurrent acute otitis media

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Abstract
In this study, we investigated the association between iron deficiency anemia and recurrent acute otitis media in children. A 100 children with recurrent acute otitis media (AOM) were evaluated for hemoglobin levels in their blood and the number of episodes of AOM in each child. We found a statistically significant correlation between degree of anemia and number of episodes. After correction of anemia in those children with anemia with oral iron supplementation, the number of episodes of AOM has been significantly reduced in the following year of the study. We concluded that iron deficiency anemia increases the susceptibility of children for recurrent AOM, and that iron deficiency anemia might be considered as another potential risk factor for such common disease of infancy and childhood. Therefore, we recommend that hemoglobin level should be evaluated in every child with recurrent episodes of acute otitis media, and to correct iron-deficiency anemia if present by iron supplementation as an additional line of treatment beside those previously known lines of treatment for recurrent acute otitis media in infancy and childhood.

Keywords