



The Medical **Bulletin**

Drug Corner

Pearls on Iron Deficiency Anaemia

Asymptomatic patients at high risk of IDA should probably be screened, but this recommendation is not evidence based and is based on outdated professional society guidelines. The interval of repeat screening is also not clear. Men and post-menopausal women without any history of overt bleeding should be referred to scope from both upper and lower endoscopy. In these populations, there is an increased chance of malignancy, and an even greater chance of other GI pathology that can be intervened on. The exact optimal dose of oral iron is not known and likely depends on the individual patient. Newer formulations of IV iron are safer and without increased risk for significant adverse reaction or infection. It is quicker and more effective than oral iron in repleting stores.

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