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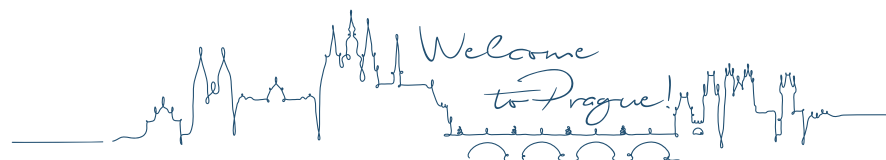
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ABSTRACT BOOK



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Iron deficiency anemia in patients with gluten-dependent disorders on a gluten-free diet

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Introduction: Iron deficiency anemia (IDA) is the most common extraintestinal symptom of celiac disease (CD) in adults.

Aims: This paper investigates IDA parameters in general clinical and biochemical blood analysis in patients with gluten-dependent disorders on a gluten-free diet.

Methods: We recruited 38 adult patients with diagnosed CD or NCGS who were on a gluten-free diet. We used the multimodal integrated approach in a laboratory study and investigated the erythrocyte count, hemoglobin, ferritin, total iron-binding capacity (TIBC), iron, and blood transferrin levels.

Results: 13.16% of examined patients were diagnosed with IDA according to their hemoglobin levels. We found a hidden iron deficiency in 18.42% of the patients. In 23.08% of patients, the serum iron concentration was decreased, whereas we found the ferritin levels to be reduced in 31.58% of patients even though they were following a gluten-free diet for 6.5 (IQR 4-12) years. Eventually, the rate of all iron deficiency cases (including the hidden ones) twice exceeds the rate of IDA detected by hemoglobin analysis. Iron deficiency was more frequent in patients with CD than with NCGS (83.3% and 16.7%, respectively).

Conclusion: Despite following a gluten-free diet, patients with CD and NCGS are at high risk for the development of IDA. One side, isolated detection of decreased red blood cell levels are not informative. Contrariwise, isolated levels of iron serum are also insignificant. Thus, ferritin should be considered the most significant marker of IDA. It is essential to monitor this group of patients to identify hidden forms of nutritional deficiency.

Keywords: celiac disease, iron deficiency anemia, gluten-free diet



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