

## C19. PARTICULAR ASPECTS OF ANEMIA IN GERIATRIC PATIENTS

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Introduction: Anemic syndrome in old age is a very common disorder, with multiple causes and often mixed.

Aim: Throuth this study we aimed to identity different aetiological categories of anemia in geriatric patients.

We have studied 170 patients, between 60 and 92 years of age, that we have followed in the Hematological Diagnosis Laboratory in the last two years (2012 – 2013); we have not included in this group patients with  $\beta$  – thalassemia minor which were already in our evidence.

We have followed the level of hemoglobin and hematocrit, the aspect of the peripheral blood film, the values of MCV, MCH and MCHC, serum iron and TIBC and we have also explored level and renal function. For patients with severe anemia, we required gastro-intestinal tract explorations and bone marrow puncture in specialised clinics.

We have performed at least 3 clinical and hematological check-ups per years. We have found a slight female prevalence (56%) and different degrees of anemia (the hemoglobin level ranging from 6.5 to 11.5 g./dl.)

We have established the following etiological types of anemia (in order of their frequency) 1. iron deficiency anemia (almost half of the cases) due especially to gastrointestinal bleeding ; 2. myelodysplastic syndromes (age – related myelodysplasia, sometimes associated with age-related bone marrow failure); 3. macrocytic and megaloblastic anemia (due to cobalamin and/or folic acid deficiency); 4. anemia of chronic inflammation; 5. hemolytic anemia (autoimmune or due to membrane disorder).

We have frequently found cases with two or three etiologies (for example: iron deficiency + chronic inflammation; or myeloblastic anemia + MDS + iron deficiency) and even cases with several etiologies (iron deficiency + MDS + chronic inflammation + anemia in uremia) and this is a special trait of anemia in elderly patients.

Conclusion: Throuth this study we intend to emphasize the complexity of anemic syndrome in old age, and contact with other age-related diseases.