

GERD in children linked to anemia, iron deficiency

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Gastroesophageal reflux disease (GERD) is associated with anemia or

iron deficiency among children, according to a study published online Dec. 26 in *Diagnostics*.

Vasile Valeriu Lupu, Ph.D., from the "Grigore T. Popa" University of Medicine and Pharmacy in Iasi, Romania, and colleagues examined the presence of anemia as a result of pediatric GERD in 172 children.

The researchers found that 23 of the patients with GERD also had anemia, showing a moderate, significant correlation ($r = -0.35$). Cases with GERD also had significantly lower levels of serum iron ($F = 8.46$).

"GERD is accompanied by a degree of [iron deficiency](#) that opens the way to iron deficiency anemia. Considering the fact that anemia can be one of the signs of [gastroesophageal reflux disease](#), especially among [pediatric patients](#), this complication should not be neglected due to its long-term effects in a child's development and further in adult life," the authors write. "When faced with a case of hypochromic hyposideremic anemia in which other causes have been excluded, the clinician should consider it as a result of a gastroesophageal reflux if the patient presents signs and symptoms suggestive for this gastrointestinal pathology, and also if the [anemia](#) does not respond to oral iron therapy."

More information: Vasile Valeriu Lupu et al, Iron Deficiency Anemia in Pediatric Gastroesophageal Reflux Disease, *Diagnostics* (2022). [DOI: 10.3390/diagnostics13010063](https://doi.org/10.3390/diagnostics13010063)

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