Effect of iron-deficiency anemia and magnesium deficiency of the development of recurrent acute otitis media in children

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The aim of our work is to investigate the relationship betweeniron-deficiency anemia and or magnesium deficiency in the developmentof recurrent acute otitis media in children, and subsequently evaluate theeffect of restoring normal hemoglobin or magnesium levels by externalsupplementation on the frequency of such infection in childrenSo 30 patients were selected withInclusion criteria:• Age ranging from 2 to 12 years.• Recurrent episodes of acute otitis media more than 3 episodeswithin 6 months.And Exclusion criteria:• Adenoid diagnosed by x rays soft tissue film on nasopharynx,lateral view.• Eustachian tube dysfunction diagnosed by tympanometry.• Cleft palate.• Immunocompromized patients (diabetic, chemo and radiotherapy,renal and hepatic failure).• Underweight for corresponding age.• Severe anemia, Hb% ≤ 4 gm/dl.• Persisting otitis media with effusion with no symptoms and sign ofacute inflammation• Exclusion of the other causes of hypochromic microcytic anemiaSummary86i.e Beta.Thalassemia, anemia of chronic disease & chronicbleeding.Patients were divided into three groups A, B, and C according to thepresence or absence of iron deficiency anemia and/or magnesiumdeficiencyThen treatment this different groups by specific treatmentThe result showed that there is a significant relationship between lowHB levels (below 9.5g/dl) and frequency of acute otitis media in sixmonths and no significant relationship between magnesium levelsand frequency of acute otitis media in six monthsTherefore, we recommend that, hemoglobin level should beevaluated in every child with recurrent episodes of acute otitis mediaAnd confirm that treatment of iron-deficiency anemia by ironsupplementation is an important factor to avoid recurrent acuteotitis media in children