Observational Study

Indian J Gastroenterol

. 2017 Sep;36(5):361-365.

 doi: 10.1007/s12664-017-0791-z. Epub 2017 Oct 9.

**Anemia in patients with ulcerative colitis in remission: A study from western India**

[Alisha Chaubal](https://pubmed.ncbi.nlm.nih.gov/?term=Chaubal+A&cauthor_id=28993978)[1](https://pubmed.ncbi.nlm.nih.gov/28993978/#full-view-affiliation-1), [Vikas Pandey](https://pubmed.ncbi.nlm.nih.gov/?term=Pandey+V&cauthor_id=28993978)[2](https://pubmed.ncbi.nlm.nih.gov/28993978/#full-view-affiliation-2), [Dhaval Choksi](https://pubmed.ncbi.nlm.nih.gov/?term=Choksi+D&cauthor_id=28993978)[2](https://pubmed.ncbi.nlm.nih.gov/28993978/#full-view-affiliation-2), [Prateik Poddar](https://pubmed.ncbi.nlm.nih.gov/?term=Poddar+P&cauthor_id=28993978)[2](https://pubmed.ncbi.nlm.nih.gov/28993978/#full-view-affiliation-2), [Meghraj Ingle](https://pubmed.ncbi.nlm.nih.gov/?term=Ingle+M&cauthor_id=28993978)[2](https://pubmed.ncbi.nlm.nih.gov/28993978/#full-view-affiliation-2), [Aniruddha Phadke](https://pubmed.ncbi.nlm.nih.gov/?term=Phadke+A&cauthor_id=28993978)[2](https://pubmed.ncbi.nlm.nih.gov/28993978/#full-view-affiliation-2), [Prabha Sawant](https://pubmed.ncbi.nlm.nih.gov/?term=Sawant+P&cauthor_id=28993978)[2](https://pubmed.ncbi.nlm.nih.gov/28993978/#full-view-affiliation-2)

Affiliations expand

* PMID: 28993978

* DOI: [10.1007/s12664-017-0791-z](https://doi.org/10.1007/s12664-017-0791-z)

**Abstract**

**Background:**Anemia is common in patients with active ulcerative colitis. We aimed to study the anemia profile in patients with ulcerative colitis in clinical remission.

**Methods:**Sixty-four patients with ulcerative colitis and with a clinical Mayo score less than 3 for at least 3 months were evaluated for anemia. Initial screening was done by hemogram and only patients with anemia were evaluated further for the cause of anemia. We also screened a control population for anemia. Patients with mild anemia were given oral iron, moderate anemia were given intravenous iron and severe anemia were given blood transfusion.

**Results:**The mean hemoglobin in ulcerative colitis patients was 11.75 g/dL and in controls was 13.1 g/dL (p=0.011). The prevalence of anemia was 53.1% in the ulcerative colitis patients and 13.3% in the controls (p=<0.001). 58.8% had mild anemia, 29.4% had moderate anemia and 8.8% had severe anemia. Iron deficiency was the most common cause of anemia (70.5%) followed by anemia of chronic disease combined with iron deficiency in 23.5%. Ferritin levels did not correlate with hemoglobin levels. Oral iron increased the hemoglobin by 1.4 g/dL and intravenous iron by 2.2 g/dL at 1 month.

**Conclusion:**Anemia was seen in more than half of patients with ulcerative colitis in clinical remission, iron deficiency being the most common cause.

**Keywords:**Anemia; Iron deficiency; Iron preparations; Remission; Ulcerative colitis.

[PubMed Disclaimer](https://pubmed.ncbi.nlm.nih.gov/disclaimer/)