

## We read with interest the article written by Arica et al. (Türk Ped Arş 2010; 45: 343-7) which compared daily and every other day regimes of iron treatment

Iron deficiency anemia (IDA) is the most important nutritional deficiency and public health problem especially in developing countries. It is estimated that 2 billion people in the world are effected by iron deficiency (ID) and more than half of these are anemic (1). Iron deficiency anemia is widely seen especially in children, adolescents and pregnant women and shows variation in different countries and even in different residential areas in the same country. IDA is an important health problem also in Turkey. Iron treatment is very frequently used in subjects found to have iron deficiency anemia. A treatment duration of approximately 3 months and daily drug usage have led to development of new iron treatment methods.

We included 76 subjects who presented to İstanbul University Cerrahpaşa Medical Faculty Department of Pediatrics Outpatient Clinic between March 2001 and May 2002 with different socioeconomic levels ranging between 3 months and 14 years of age with a diagnosis of IDA according to Dallman's criteria with no clinical finding of disease and who had not received iron treatment during the last 3 months. We gave a preparation of Fe+2 at a dose of 4 mg/kg/day plus 7,5 mg vitamin C at two doses to 39 of these 76 subjects and a preparation of Fe+2 at a single dose of 4 mg/kg/week plus 15 mg vitamin C to the other 37 subjects. In these two groups, hemoglobin increase at the third month was found to be 1,66±1,12 g/dL in the weekly treatment group and 2,94±1,96 g/dL in the daily treatment group. No significant difference was found between Hb

values of the patients whose treatment was lengthened to 16 weeks, because adequate response could not be obtained after 12 weeks of treatment in the weekly treatment group in our study and Hb values at the 12th week of the subjects in the daily treatment group. Consequently, intermittent iron treatment is efficient in the treatment of anemia, though not as much as daily treatment. However, the duration of treatment should be well determined. In our study, this was found to be at least four months. The other superiorities are low cost and high compatibility.

### Conflict of interest: None declared

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