



# Integrative Pediatrics, LLC

Safe passage in a changing world.

## Anemia

At your child's 9 month well child visit, we perform a blood test to check for anemia (low red blood cells or hemoglobin). We collect a small sample of blood by pricking the finger or toe.

Anemia occurs in about 5-10% of children ages 9-12 months of age. Iron stores from pregnancy are depleted and your infant must replenish them through iron in his diet. Hemoglobin in the red cells carry oxygen to all parts of the body. It is important during rapid growth in childhood as well as normal brain development. Low iron can affect intelligence and the ability to learn. In severe anemia, it will affect growth and development which can have lasting effects on your child's life.

**A healthy diet** with adequate levels of iron will help your child. Two tablespoons of iron fortified cereal or formula twice a day will provide a normal daily requirement. Other iron-rich foods include: green leafy vegetables (spinach, broccoli), legumes, (peas, lentils), red meat, liver, egg yolks, chicken, and fish.

If your child is found to be borderline or low on iron, you will want to supplement his daily diet with infant vitamins with iron, or with a daily dose of over the counter Fer-in-Sol drops (1.0ml). We will recheck your child's hemoglobin at their one year well child visit.

**If your child is anemic**, give Fer-in-Sol drops (1.0ml) three times a day for 4-6 weeks. After 6 weeks of Fer-in-Sol 3 times daily, you may give Fer-in-Sol (1.0ml) once daily until we recheck at the 12 month well child check. It is best absorbed with a little juice. It may change the consistency or color of your child's stools, but you can modify their diet to compensate for firm stools. Teeth may have some dark discoloration while taking the iron supplement but this is temporary.

We offer Kirkman's Iron Liquid. Dr Thomas recommends giving your child 1-2 tsp a day.

**Caution:** Iron supplements are toxic if overdosed. Keep all medications out of reach or locked away from your children. Do not leave them out after giving the proper dose. If accidental overdose occurs, call the **Poison Control Center** at **1-800-222-1222**.

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