The Effect of Nutritional and Hereditary Anemia on Bones

A comparative Anthropological Study

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1997
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(B.A. in English language 1992)
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Thesis submitted in partial fulfillment of the requirements of master degree of physical Anthropology in the Institute of Archaeology and Anthropology of Yarmouk University.

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ABSTRACT

The purpose of this study is to distinguish between hereditary anemias and nutritional anemia and their effect on bones, and also to study the etiologic factors that are involved in the two kinds of anemias.

The main findings of this study in nutritional anemia in the studied population were as follows:

1. The prevalence of iron deficiency was seen in 25% of people.
2. Symptoms appeared on all the children, such as paleness, fatigue, late to walk, late to move, and always susceptible to disease.
3. The factors involved in the prevalence of this disease can be summarized as follows.

A. social factors:

1. Feeding:
   a- all of these children did not get natural lactation.
   b- most of the diseased children consume various types of medicine often without a doctor’s prescription.
   c- all of the mothers and fathers were illiterate.
   d- all of these children do not get the healthy food that their bodies need.

2. Family size: The highest prevalence of iron deficiency was found in children among families with a large number of children.

B. Economical factors.

All of these diseased children families are poor (their income ranges JD 80-120).
Parents should be aware of this serious disease since it can be avoided. And this is the role of those in charge of health care services to educate these people as to deal with this disease. Health education is very important in these cases and health workers are very important. This can be easily done with mass media such as television or radio reports.

Hereditary anemias can be avoided also. Since these anemias are transmitted from one generation to another, it can be avoided as follows:

a- close relative marriage should be abandoned and if it happened, there should be a blood test before marriage to check if these persons are able to marry or not.

b- These diseased people should be provided with free medical services in all parts of the country.

Finally it was obvious that hereditary and nutritional anemias affect human bones, but there are some differences between the two effects. Nutritional anemia affect skull bones and in severe cases it affect long bones, while hereditary anemias affect skull and long bones at the same time. Another difference is that bones in nutritional anemia can be cured after treatment. While bones in hereditary anemias are difficult if not impossible to treat.