

Identifying Iron

Toxicity And Effects Of Iron Deficiency

Signs Of Iron Toxicity In Children



Constipation



Abdominal Pain



Nausea



Vomiting



Upset Stomach

Behavioral Changes In Children Due To Iron Deficiency

- Irritability
- Disruptive attitude
- Reduced attention span
- Lack of interest in their surroundings
- Impaired academic performance
- Poor cognitive development
- Low iron stores may also lead to ADHD in children



References:

- Iron; Harvard School of Public Health
- Iron Deficiency in Children With Attention-Deficit/Hyperactivity Disorder; Jama Network
- Iron Profile in Children with Behavioral Disorders: A Prospective Study in a Tertiary Care Hospital in North India; National Library of Medicine