

Anemia
November 2006
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Gorrolls
MKSAP 12

1. True statements regarding anemia include
 - a. by far the most common cause of asymptomatic anemia is iron deficiency
 - b. daily requirements of iron for men and premenopausal women are the same
 - c. between 20% and 60% of pregnant women have hemoglobin levels below 11g/100ml
 - d. population studies have found 20% to 50% of menstruating women to have abnormally low concentrations of hemoglobin
 - e. anemia is more likely to occur in women taking birth control pills
 - f. iron deficiency is rare in male adults

2. True statements regarding microcytic anemia include
 - a. after the initial CBC shows decreased hct and low MCV, the next step in evaluation includes reviewing the blood smear and getting a reticulocyte count
 - b. if the reticulocyte count is less than 100,000/ul then Hgb electrophoresis should be obtained
 - c. if serum ferritin level is low then a serum iron and TIBC should be obtained
 - d. normal or high Ferritin with a low serum iron and TIBC and low reticulocyte count is consistent with anemia of chronic disease
 - e. with normal/high serum ferritin, normal or high serum iron and normal TIBC and low reticulocyte count a bone marrow should be obtained
 - f. target cells and basophilic stippling can be seen with thalassemias

3. True statements regarding macrocytic anemia include
 - a. after initial CBC shows decreased Hct and elevated MCV, the next step in evaluation includes reviewing the blood smear and getting a reticulocyte count
 - b. if the reticulocyte count is greater than 100,000/uL, then an evaluation for Hemolytic anemia should be initiated
 - c. oval macrocytes and hyper segmentation are consistent with hemolytic anemia, liver disease and myelodysplasia
 - d. for low reticulocyte counts, normal B12 and normal folate levels a bone marrow biopsy should be obtained
 - e. patients with HIV can have elevated MCV's with normal Hct
 - f. with low B12 level and normal folate the next test to evaluate B12 is a Schilling Test

4. True statements regarding normocytic anemia include
 - a. normocytic anemias are characterized by MCV's of 80-100
 - b. reticulocyte counts greater than 100,000/u/L indicate post-hemorrhage or hemolytic anemia
 - c. blood smear evaluation is the next most appropriate test to perform after Reticulocyte count

5. True or False
 - a. pica is an unusual compulsive craving for chewy or crunchy substances, such as ice (phagophagia), clay, starch, potato chips and even burnt match heads
 - b. the most sensitive test of iron storage is the determination of the serum iron
 - c. hereditary spherocytosis is one of the most common forms of hereditary hemolytic anemia
 - d. B12 supplementation should be given to meet the demands of increased erythrocyte production in patients with chronic hemolytic anemia
 - e. G6PD deficiency is an X-linked disorder
 - f. warm autoimmune hemolytic anemia is associated with IgG antibodies
 - g. cold autoimmune hemolytic anemia is associated with IgM autoantibodies
 - h. acute chest syndrome is the most common cause of death in patients with HbSS disease
 - i. patients with HbSC disease have a decreased incidence of retinopathy and aseptic necrosis

1. True statements regarding anemia include
 - a. resulting from the inadequate dietary replacement of iron lost from the body **true**
 - b. same for men and **postmenopausal** women **false**
 - c. **true**
 - d. 10% to 20% **false**
 - e. less likely **false**
 - f. **true**

2. True statements regarding microcytic anemia include
 - a. **true**
 - b. a serum Ferritin should be obtained, Hgb electrophoresis should be obtained for reticulocyte counts greater than 100,000/uL **false**
 - c. low serum ferritin indicates iron deficiency and causes of the iron deficiency should be looked for **false**
 - d. **true**
 - e. bone marrow should be obtained to look for sideroblastic anemia **true**
 - f. **true**

3. True statements regarding macrocytic
 - a. **true**
 - b. for reticulocyte counts less than 1000,000/uL, a serum B₁₂ and folate level should be checked **true**
 - c. oval macrocytes and hypersegmentation are consistent with B12 and folate deficiency **false**
 - d. to look for myelodysplastic syndromes **true**
 - e. an effect of AZT therapy, usually MCV's greater than 110 **true**
 - f. the next test would be a serum intrinsic factor antibody to rule out pernicious anemia **false**

4. True statements regarding normocytic anemia include
 - a. **true**
 - b. **true**
 - c. for low reticulocyte counts, blood smear is invaluable because there may be more than one cause of the anemia **true**

5. True or False
 - a. **true**
 - b. serum ferritin **false**
 - c. **true**
 - d. folate supplementation **false**
 - e. **true**
 - f. **true**
 - g. **true**
 - h. **true**
 - i. increased incidence **false**