

The Importance of Iron Supplementation in Pregnant Women

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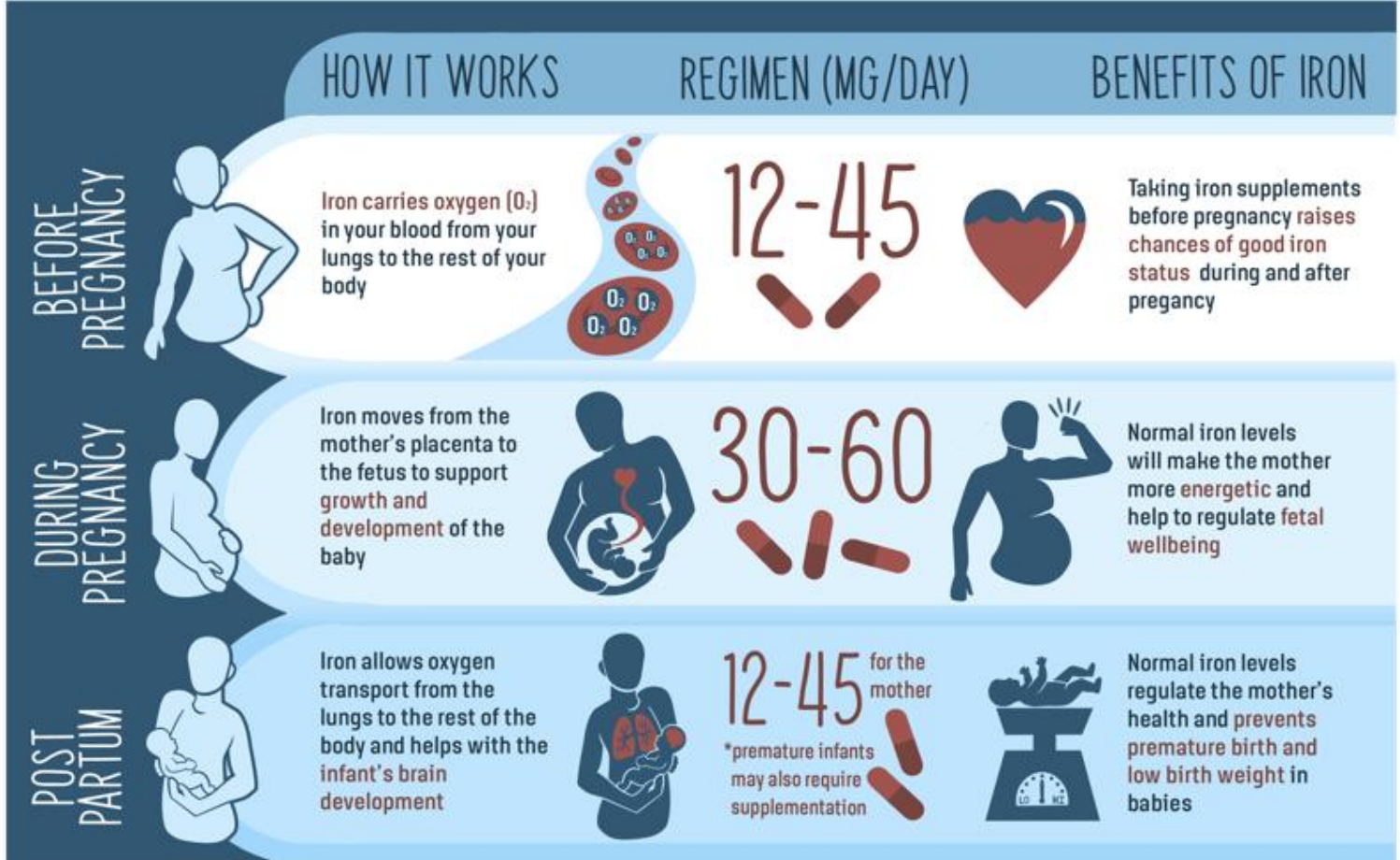
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Abstract

Iron supplementation is an important treatment for pregnant people with iron deficiency anemia. For this reason, we designed and created an evidence-based infographic with accessible fonts, pictograms, and language. This tool serves as a framework for the potential of visual communication tools in the context of improving medication and treatment adherence. Various sources were utilized to derive information on a suggested iron intake regimen; however, we encourage individuals to consult with their primary care providers in order to establish the ideal regimen for them, adjusted to unique individual factors.

THE IMPORTANCE OF IRON SUPPLEMENTATION IN PREGNANT WOMEN

Iron deficiency can lead to severe anaemia, which is estimated to be the cause of one in five maternal deaths. It is important for you and your child that you take iron supplements throughout your pregnancy to ensure your safety and health.



Three main points were chosen as the focus of the infographic – the primary functions of iron in the body (Iron needs of babies and children, 2007; Cao & Fleming, 2016); a recommended iron supplementation regimen (Iron needs of babies and children, 2007; Institute of Medicine, 2001; Peña-Rosas et al., 2012); and the benefits iron (Viteri & Berger, 2005; Institute for Quality and Efficiency in Health Care, 2009; Abu-Ouf & Jan, 2015; Allen, 2000). We broke the information down into three critical time periods encompassing pregnancy – before pregnancy, during pregnancy, and postpartum. We then designed custom illustrations to visually represent information and accompanied these pictograms with complimentary text to create our resulting infographic.

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