

Impaired executive functions among anemic elderly

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Current Psychiatry. Ain Shams University (Print)

2009 v16 n1

The work studied relationship between anemia and executive dysfunction among the elderly. Eighty elderly patients were recruited and divided into 2 groups: 40 anemic compared to a matched group of 40 non-anemic. Both groups were subjected to MMSE (Mini-mental state examination), ADL (Activities of daily living) and IADL (Instrumental activities of daily living), Verbal fluency and contrast programming tests. Laboratory investigations were done including CBC (complete blood count), iron profile, liver function and kidney functions. Anemia could be considered a cause of executive dysfunction among the elderly, and this may contribute to deficits in their ADL and IADL. So we recommend that assessment of executive functions should be a routine measure when evaluating and follow up anemic elderly. Also early diagnosis and proper management of anemia may postpone or prevent impairment in activities of activities of daily living.