

## عنوان مقاله:

The Effects of Iron Ion Solution Consumption and Aerobic Training on some Hematologic Factors among Iron Deficiency Anemia Female Patients

## محل انتشار:

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## خلاصه مقاله:

Introduction: Iron metabolism is essential for maintaining body homeostasis and aerobic exercise may improve this process. The purpose of this research is to the effects of iron Ion solution consumption on some hematologic factors and aerobic performance among iron deficiency anemia female patients. Methods: This is experimental research, by a control group in pre and post-test with primary care. The sample was ۳۰ women ۲۰-۳۰ years old with iron deficiency anemia who referring to the medical center Kerman. The subjects were divided into three equal groups randomly. The ISAE=۱۰ received Iron Supplement and Aerobic Exercise; AE=۱۰ group Aerobic Exercise, and Control C=۱۰. The aerobic exercises program included ۸ weeks and ۳ sessions/week. Aerobic power measured by Astrand aerobic bike test; Complete Blood Count (CBC) measurement include HCT, MCH, MCV, MCHC, RBC, HB; chemiluminescence and Ferritin in pre-test and post-test. The statistical method includes the Kolmogorov-Smirnov for normal distribution, Levin for homogeneity of variances, one-way analysis of variance, and Scheffe post hoc tests. Results: Eight weeks of aerobic training and supplementing significantly increased serum ferritin ( $F=۳.۱۶۰$ ;  $p<۰.۰۵$  and aerobic power  $F=۶.۲۳$ ;  $p<۰.۰۱$ ) between ISAE and AE compared to the control group. Conclusion: The results showed aerobic power and iron ion solution consumption increased significantly between the two groups compared to the control. There was no significant difference between the three groups in other variables. Aerobic training and iron ion solution consumption may have an effective role in serum ferritin index in female patients with iron deficiency anemia.

## کلمات کلیدی:

aerobic exercise, Iron Deficiency Anemia, Ferritin, CBC

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