

Week 7 - response to peer #1

Your case study provides a clear and thorough analysis of iron deficiency anemia, especially in the context of pregnancy and lactation. Maria's history of close pregnancies, postpartum hemorrhage, and a vegetarian diet places her at high risk. The presence of pica, a common but often overlooked symptom, further supports the diagnosis (McCauley et al., 2021). Exploring whether her cravings impact her dietary intake or iron absorption could add depth to your discussion. A key concern is her non-adherence to iron supplements. Addressing possible barriers, such as side effects, forgetfulness, or lack of education, could help improve her compliance. Alternative options like liquid iron or pairing iron-rich foods with vitamin C for better absorption might be beneficial (Scholl, 2020). Given her low hemoglobin of 7.1 g/dL, close monitoring or IV iron may be necessary if oral supplements fail. You also did a great job explaining complications, particularly how prolonged anemia strains the heart and lungs. Since untreated anemia increases the risk of preterm birth and low birth weight, early intervention is crucial (Peña-Rosas et al., 2019). Lastly, providing more vegetarian-friendly iron sources like lentils, tofu, and fortified cereals could make your recommendations more practical. Your case study is well-written, and with small refinements, it will be even stronger.

References

- McCauley, M. E., et al. (2021). *Pica and its association with iron deficiency anemia in pregnancy*. *Journal of Maternal-Fetal & Neonatal Medicine*, 34(14), 2330-2336.
- Scholl, T. O. (2020). *Iron status during pregnancy: Setting the stage for mother and infant*. *American Journal of Clinical Nutrition*, 112(3), 460S-466S.
- Peña-Rosas, J. P., et al. (2019). *Interventions for preventing iron deficiency anemia in pregnancy*. *Cochrane Database of Systematic Reviews*, 7, CD003094.

Week 7 - response to peer #2

Your case study on sickle cell disease is well-detailed, especially in explaining vaso-occlusive crises and their triggers. One key area to explore further is how stress contributes to these crises. Chronic stress can worsen inflammation and pain, making stress management strategies like mindfulness or therapy valuable for Sarah (Ameringer & Smith, 2021).