

# **LIPOSOMIAL IRON HAS AN ANTI-INFLAMMATORY EFFECT AND IS BETTER THAN IRON SULFATE IN CORRECTION OF ANEMIA OF CHRONIC INFLAMMATORY DISEASE OF YOUNG WOMEN.**

Giordano Giulio (a), D'amico Fabio (a), Berardi Giuseppe (b), Carabellese Bruno (c),

(a) *Fondazione "G. Paolo II" Campobasso*

(b) *Ospedale "A. Cardarelli" Campobasso*

(c) *Medicina Generale Campobasso*

*Presenting author: Giordano Giulio giuligiordano@hotmail.com*

## **BACKGROUND**

Liposome has a described anti-inflammatory effect and transports its content directly in blood, beyond gastric and enteric wall.

## **AIM**

Aim of this study is to verify if liposomal iron is most effective than iron sulfate in correction of anemia of chronic inflammatory disease of young women.

## **PATIENTS AND METHODS**

In group A 9 patients (4 with systemic erythematous lupus, 3 with mixed connectivitis, 2 with rheumatic fibromyalgia), median age 32 years (R27-42), Hb 8.5 g/dl (R8-10), saturation of iron binding capacity < 20%, with a median ferritin level of 100 ng/ml (R90-250), ESR 35 mm/1<sup>st</sup> hour (R22-95), CRP 18 mg/I (R12-24), normal B12 and folate, received liposomal iron 60 mg/day orally for 3 months.

In group B 12 patients (6 with systemic erythematous lupus, 3 with mixed connectivitis, 3 with rheumatic fibromyalgia), median age 38 years (R29-45), Hb 9 g/dl (R8-9.5), saturation of iron binding capacity < 20%, with a median ferritin level of 120 ng/ml (R80-190), ESR 33 mm/1<sup>st</sup> hour (R20-87), CRP 15 mg/I (R13-27), normal B12 and folate, received iron sulfate 210 mg/day orally for 3 months.

## **RESULTS**

After treatment, group A showed a median hemoglobin level of 11.5 g/dl (R10.5-12), a median ferritin level of 260 ng/ml (R 190-280), a ESR decrease to a median value of 8 mm/1<sup>st</sup> hour (R 3-10) and a median CRP 3 mg/I (R2-4).

After treatment, group B showed a median hemoglobin level of 9.5 g/dl (R8-9.5), a median ferritin level of 100 ng/ml (R 90-180), and ESR and CRP don't showed any improvement. 4 patients showed hepygastralgia, 2 stipsis, 5 diarrohea.

## **CONCLUSION**

Liposomal iron is most safe, effective, well tolerated, effective than iron sulfate in increase hemoglobin level and reduce inflammatory markers in correction of anemia of chronic inflammatory disease of young women.