

ABSTRACT BOOK

4th Mediterranean Multidisciplinary Course on Iron Anemia April 29th–30th 2016,
Madrid, Spain

ORAL SUCROSOMIAL® IRON (SIDERAL® FORTE) IS EFFECTIVE AND WELL TOLERATED IN ELDERLY PATIENTS AFFECTED BY IRON DEFICIENCY ANEMIA OF VARIOUS ORIGIN

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BACKGROUND: Iron deficiency anemia is a common manifestation of elderly patients and is usually associated to malnutrition or poor diet, intake of gastrolesive drugs and gastrointestinal disease like diverticulitis or ulcers. These patients usually show alteration in blood parameter values, such as low levels of serum ferritin, high total iron binding capacity, high levels of serum transferrin receptor and low transferrin saturation (TSAT).

In past years the first-line treatment has been based on oral ferrous iron such as ferrous sulfate, ferrous gluconate and ferrous fumarate. Those oral iron salts have been the mainstay of oral iron supplementation because they are inexpensive, effective at restoring iron balance and do not require IV access. However, absorption of oral iron salts is inadequate, and the poor tolerance results in reduced adherence to therapy. In elderly patients, their use may be limited by the manifestation of many side effects such as nausea, diarrhea, constipation, abdominal pain or heartburn. Gastrointestinal side effects often induce these patients to a low therapeutic adherence and therapeutic failure.

The introduction of Sucrosomial® Iron (Sideral® Forte), a newer oral iron formulation, with elevated gastrointestinal absorption and higher bioavailability, has reduced gastrointestinal side effects and improved compliance. Sucrosomial® Iron is composed by pyrophosphate iron protected within a phospholipid bilayer (sucrosome). The iron, coated using the Sucrosomial® technology passes intact through the acid environment of the stomach and it is absorbed through alternative pathways arriving intact to the liver, where the sucrosome is degraded to release iron. The trivalent ferric pyrophosphate form has a high affinity to the newly liver synthesized transferrin, which is responsible for transporting the body.

OBJECTIVES: The objective was to evaluate the median increase of the hemoglobin (Hb, g/dl) at 8 week in the most frequent diseases that cause anemia. A second objective was to evaluate, through an interview, any side effects due to iron therapy.

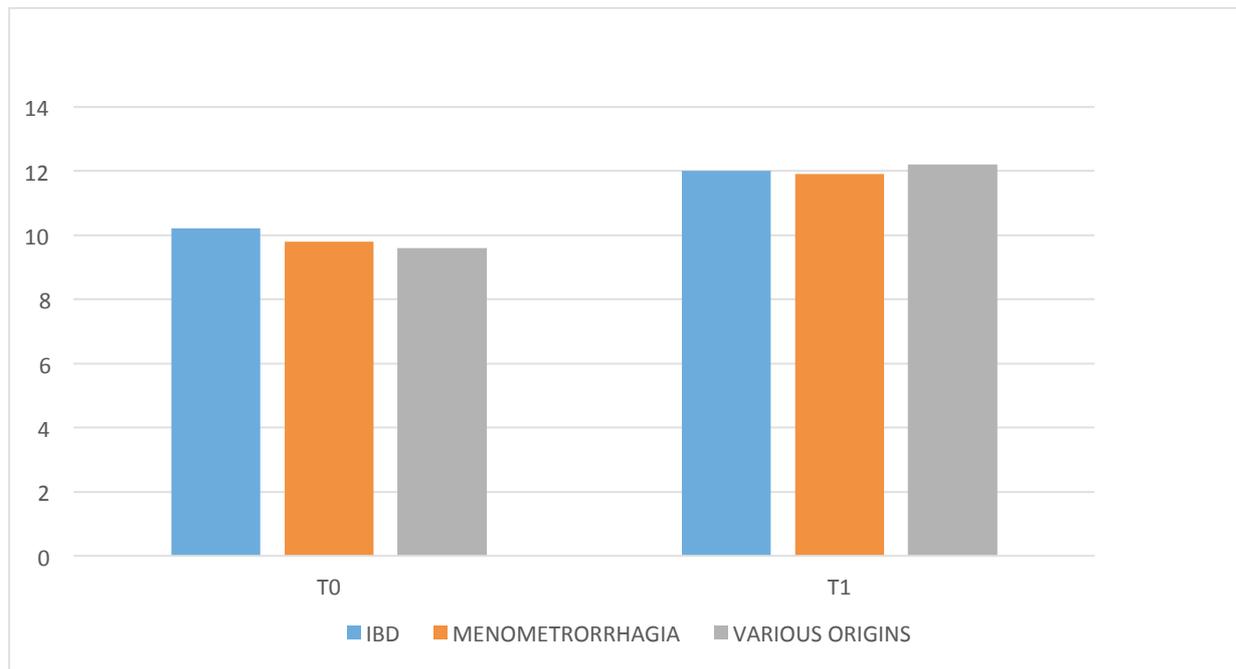
METHODS: A retrospective analysis was performed in 30 patients (median age 70 years) affected by iron deficiency anemia (Hb \leq 10 g/dL) due to different causes. Sideral® Forte is the only iron formulation that uses innovative technology to avoid common side effects and absorption issue related to iron therapy ensuring effectiveness similar to the intravenous iron. This innovative technology significantly increases the absorption of iron and due to its high absorption is able to grant smaller amount of iron per capsule, about 1/3 of the content of other oral iron preparations. Sucrosomial® Iron (Sideral® Forte cps) was administered twice a day for two months. After at least two months, patients were assessed for blood parameters and side effects.

RESULTS: The patients accepted Sucrosomial® Iron without the report of side effects and there were adherent to therapy. Only three of them reported mild nausea and constipation. Blood exams showed an increase in the hemoglobin values with a median increase of Hb levels of 2,2 g/dl \pm 0,4, reducing transfusion rates and avoiding hospitalization.

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IBD	MENOMETRORRHAGIA	VARIOUS ORIGINS
N° 10	N° 6	N°14
Age 75 ± 3	Age 42 ± 4	Age 74 ± 4
Hb levels 10 ± 0,2 (T0)	Hb levels 9,8 ± 0,4 (T0)	Hb levels 9,6± 0, 4 (T0)
Hb levels 12 ± 0,3 (T1)	Hb levels 11,9 ± 0,2 (T1)	Hb levels 12,2 ± 0,5 (T1)
Male 8	Male 0	Male 9
Female 2	Female 6	Female 5
Side effects 2	Side effects 0	Side effects 1



CONCLUSIONS: The Sucrosomial® Iron is safe, well tolerated and effective in elderly patients, producing a great improvement in the anemia condition without side effects. These results are important for the improvement of the quality of life in these patients.

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