



EEBR 2025

FOGSI EEBR 2.0

ANAEMIA IN PREGNANCY

ETHICAL EVIDENCE-BASED RECOMMENDATIONS

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Foreword

As the President of FOGSI, I firmly believe that one of our greatest responsibilities is to continuously elevate standards of care through knowledge, collaboration, and shared purpose. In today's dynamic environment, where scientific understanding expands every single day, remaining updated is essential to honour that responsibility—not only to our profession, but also to the millions of women whose lives depend on informed clinical decisions. Giving back to society through academic initiatives such as the Ethical Evidence-Based Recommendations (EEBR) series is a privilege and a duty that I hold close to my heart.

Anemia stands as one of the most pervasive and under-recognised public health challenges affecting women in India. Despite decades of effort, it continues to be among the leading causes of maternal morbidity and suboptimal health outcomes. With a large proportion of Indian women estimated to be anaemic, the condition silently limits the potential of a large proportion of our female population. In pregnancy, anemia increases the risk of maternal deaths, preterm birth, low birth weight, poor neonatal outcomes and compromised recovery. Among non-pregnant women, it results in chronic fatigue, impaired cognition, decreased productivity, and restricted participation in education, work, and social life—ultimately impacting families, communities, and national progress. Addressing anemia is not merely a clinical task—it is a socio-economic imperative and a moral obligation.

This book from the EEBR series reflects an outstanding academic effort by a team of editors and authors who have dedicated the last several months to synthesizing the best available evidence into practical, implementable recommendations. Their meticulous approach, clarity of thought, and unwavering commitment to scientific rigor have resulted in a resource that bridges the gap between theory and real-world application in both urban and rural clinical practice. I express my heartfelt appreciation for their perseverance and depth of expertise.

As you explore these chapters, I encourage you to translate this knowledge into proactive action—screen widely, treat aggressively, counsel thoroughly, and advocate relentlessly. If together we are able to reduce even a fraction of India's anemia burden, the impact will echo across generations.

Warm regards,



Dr. Sunita Tandulwadkar

President, FOGSI 2025

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