

ANEMIA

Eshonkulova Sitora Sadilloevna

Student of Samarkand State Medical University. Uzbekistan

Uzakova Oyjamol Narzullaeva

Samarkand State Medical University. Uzbekistan

Abstract: This article examines issues related to anemia, a disease characterized by a decrease in the level of hemoglobin and red blood cells in the blood. The main causes, symptoms, diagnostic methods and modern approaches to the treatment of anemia are described. Particular attention is paid to preventive measures and the importance of a balanced diet to prevent this disease.

Key words: anemia, hemoglobin, red blood cells, diagnostics, treatment, nutrition, prevention.

Anemia is a condition characterized by a low number of red blood cells or a low concentration of hemoglobin in them. It mainly affects women and children.

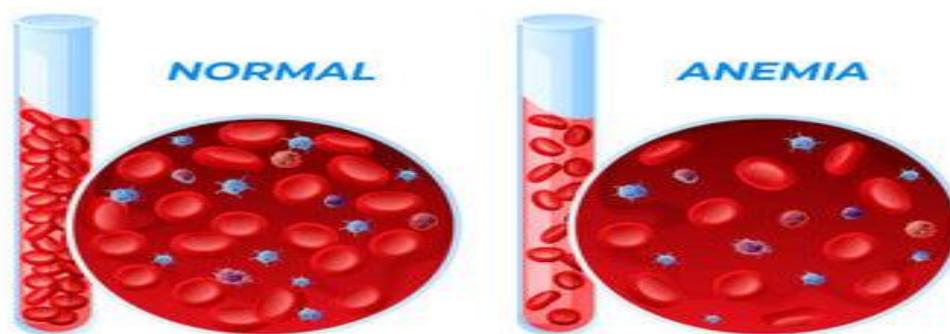
Anemia occurs when the body does not have enough hemoglobin to carry oxygen to the organs and tissues.

In severe cases, anemia can cause poor cognitive and motor development in children. It can also cause problems in pregnant women and their children.

Anemia can be caused by poor nutrition, infections, chronic diseases, heavy menstrual periods, problems during pregnancy, and family history.

Symptoms

Anemia causes symptoms such as fatigue, decreased physical performance, and shortness of breath. Anemia is an indicator of poor nutrition and other health problems.



General and non-specific symptoms of anemia include the following:

- fatigue,
- dizziness or feeling faint,
- cold hands and feet,
- headache,
- shortness of breath, especially with exertion.

Severe anemia can cause more serious symptoms, including the following:

- pale mucous membranes (in the mouth, nose, etc.),
- pale skin, including under the nails,
- rapid breathing and pulse,
- dizziness when standing up,
- easy bruising from minor causes.



Causes

Anemia is diagnosed based on the concentration of hemoglobin in the blood below certain thresholds established based on age, sex, and physiological status. Iron deficiency, primarily due to inadequate iron intake in the diet, is considered the most common nutritional deficiency leading to anemia. Deficiencies of vitamin A, folate, vitamin B12, and riboflavin can also lead to anemia due to their specific roles in hemoglobin synthesis and/or red blood cell production. Additional mechanisms include nutrient losses (e.g., blood loss due to parasitic infections, hemorrhage associated with childbirth, or menstrual losses), malabsorption, low iron stores at birth, and nutrient interactions affecting iron bioavailability.

Treatment and Prevention

Treatment and prevention of anemia depend on the underlying cause of the condition. There are a number of effective treatments and prevention options for anemia. Dietary changes may help reduce anemia in some cases, including:

- Eating foods rich in iron, folate, vitamin B12, vitamin A, and other nutrients;
- Eating a healthy diet with a variety of foods;
- Taking supplements when recommended by a qualified health care professional.

Anaemia can be caused by other conditions. Actions include:

- preventing and treating malaria
- preventing and treating schistosomiasis and other infections caused by soil-transmitted helminths (parasitic worms)
- getting vaccinated and practicing good hygiene to prevent infections
- treating chronic conditions such as obesity and digestive problems
- spacing pregnancies by at least 24 months and using contraception to prevent unwanted pregnancies
- preventing and treating heavy menstrual bleeding and bleeding before or after childbirth
- delaying clamping of the umbilical cord after childbirth (not earlier than 1 minute)
- treating inherited red blood cell disorders such as sickle cell anemia and thalassemia.

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