

Prevalence of Iron Deficiency Anemia among Children

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Annotation- *As a material of the research, 40 patients with iron deficiency were taken from 50 patients who were treated in the Hematology Department of the children's multidisciplinary medical center of Khorezm region. We divided the patients treated with iron deficiency anemia into 3 groups according to the degree of the disease (Table 1) as well as the origin (Table 2). We divided the patients into two groups during the study.*

Group 1) 20 patients were told to take the prescribed medications, mainly with tea, to themselves or their mother.

Group 2) 20 patients were told to take the prescribed medications mainly with boiled water, to themselves or their mother.

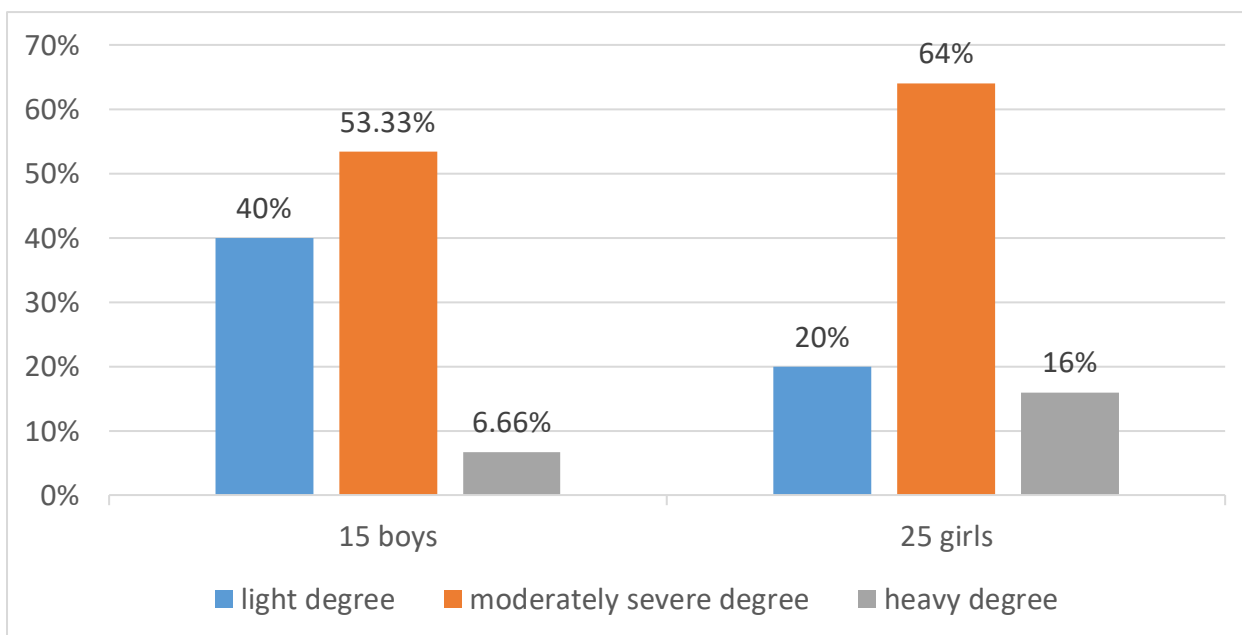
Keywords: *Anemia, iron deficiency anemia, anemia syndrome, sideropenia, absorption of iron, acute and chronic salmonellosis, acute and chronic dysentery.*

INTRODUCTION

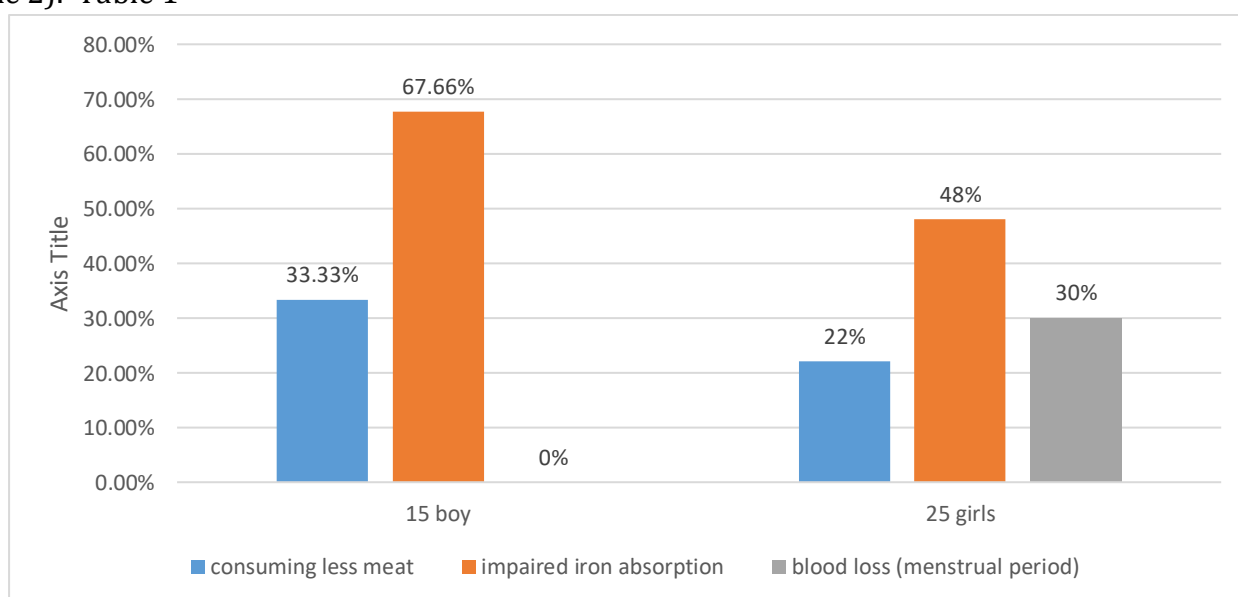
Anemia is a pathological condition that occurs when the hemoglobin content in the blood decreases, sometimes the number of red blood cells also decreases. According to the origin of anemia is divided into 5 types. Of this, 90% of patients with anemia are iron deficiency anemia. The importance of iron in the human body is due to the fact that this microelement is involved in physiological processes. It is in the composition of tissues, fluids, micromolecular proteins in the body, participates in biochemical processes of the cell membrane, actively participates in the respiration of cells, and also participates in ensuring the normalization of metabolism in tissues. In the bun, the amount of iron in the blood serum and bone coal decreases. The causes of the origin of iron deficiency anemia are basically 3 different. The first-low intake of iron (meat and meat dishes) with food. The second-insufficient assimilation of iron substance. The third is an increase in the body's need for iron (for example, during pregnancy, menstruation).

RESEARCH MATERIAL AND METHODS

As a research material, 40 of the 50 patients who were treated with iron deficiency were included in the Hematology Department of the children's multidisciplinary medical center of Khorezm region within the period from 07.01.2020 to 06.03.2020. Of these, 15 were boys and 25 were girls. The average age is 10 years. The diagnosis was put on the basis of complaints, anamnesis, objective, as well as paraclinic data when patients came to the hospital for treatment. In anemia caused by iron deficiency, it is important to determine the amount of iron in the blood serum. In this case, patient should not take the drug containing iron for up to 5 days for testing blood. When examining the blood, it is determined that the number of erythrocytes has decreased on average and the hemoglobin content has decreased significantly. The amount of iron in the blood serum is 70-170 MCG % or 12,5—30,4 mmol/l in the norm. And in anemia caused by iron deficiency, we found that the iron in the blood serum decreases to 10-30 MCG (1,8—5,4 mcmol/l).



In anemia caused by iron deficiency, the patient is diagnosed with anemic syndrome: general weakness, rapid fatigue, headache, dizziness, eye irritation, sneezing, tachycardia, noise in the ear; sideropenia - symptoms of iron deficiency in the tissue: hair loss, fracture, whiteness, skin dryness, a decrease in skin turgor, the appearance of cracks and cross-lines on the nails, a violation of taste and smell cognition are observed. It was found that 95% of patients liked the smell of ida chalk, toothpaste, eraser, sand, soil, raw meat, dough consumption, moisture, kerosene, lime. 12% of the patients were cracked in the corners of the mouth. We divided the patients treated with iron deficiency anemia into 3 groups according to the degree of the disease (Table 1) as well as the origin (Table 2). Table 1



The disease is more common in girls than boys. Table 2 shows that iron absorption disturbances are high. This is because acute and chronic salmonellosis are common in our climate. These diseases, especially acute and chronic dysentery, lead to a decrease in the secretory activity of

the pancreas. As a result, due to the reduction of HCl acid in the stomach, valence iron III is not converted to valence iron II. This stops the absorption of iron in the intestines. Another symptom of iron deficiency anemia is muscle weakness, with 8% of sick girls unable to urinate at night. Iron supplements have been used to treat anemia caused by iron deficiency. The drugs were mostly prescribed to drink. Iron supplements were administered parenterally only when intestinal absorption was impaired. Patients were advised to eat more foods high in iron. Iron is found in meat, liver and eggs.

Conditionally, we divided the patients into two groups during the study.

Group 1) 20 patients were told to take the prescribed medication, mainly with tea, to themselves or their mother.

Group 2) 20 patients told to take the prescribed medication mainly with boiled water to themselves or their mother.

At the end of the study, in 40% of group 1 patients and 76% of group 2 patients patients were re-examined with positive results.

CONCLUSION:

From the above data, it can be concluded that the prevalence of anemia among children, especially girls, is high, and during treatment, patients should take the drug with boiled water, not tea. It was found that tea reduces the absorption of the drug. To prevent iron deficiency anemia, it is important to follow a good diet.

USED LITERATURE

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