IRON DEFICIENCY ANEMIA (TTA)

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Abstract:
Iron deficiency anemia (IDA) accounts for approximately 90% of all anemia cases. According to the World Health Organization (WHO), one in six men and one in three women in the world suffer from this form of anemia.

Keywords: iron deficiency, hemoglobin, anemia, blood

Hemoglobin is a complex protein compound that reacts with oxygen molecules and contains iron trace elements, it is the basis of the transport of oxygen from the lungs to the tissues and vice versa, carbon dioxide from the tissues to the lungs in the body.

Iron deficiency anemia

The reasons for the development of this type of pathology include various etiological factors.

Iron consumption disorders:

Decreased appetite due to unstable diet, insufficient intake of iron, hunger, diets, medications, drugs and other substances that suppress the feeling of hunger, physical or mental diseases;

Socio-economic causes of food shortages.

Disturbances in absorption of iron during absorption:

Diseases of the gastrointestinal tract (gastritis, colitis, peptic ulcer, resection of this organ).

Imbalance in consumption and use of iron according to the body's high needs:

Pregnancy, breastfeeding;

Puberty in physical growth;

Chronic diseases that cause hypoxia (bronchitis, obstructive pulmonary disease, heart disease, cardiovascular system and other diseases of the respiratory system);

Diseases with necrotic processes: sepsis, tissue abscesses, bronchoectatic disease, etc.

SYMPTOMS OF IRON DEFICIENCY ANEMIA

The clinical picture of anemia developed due to iron deficiency is primarily anemic and sideropenic syndrome due to impaired gas exchange in body tissues.

Symptoms of anemic syndrome:

- General weakness, chronic fatigue;
- Weakness, inability to withstand prolonged physical and mental stress;
- Lack of attention, difficulty concentrating, rigidity;
- Irritation;

- Headache;
- Sometimes fainting;
- Drowsiness and sleep disorders;
- Shortness of breath, increased heart rate during physical and/or psychoemotional stress, as well as at rest;
- Black color of feces (associated with bleeding in the gastrointestinal tract).

DRUG TREATMENT OF IRON DEFICIENCY

In moderate and severe forms of deficiency, easily absorbable iron-sparing preparations are prescribed as a supplement. Medicinal substances differ depending on the type of compound, dosage, form: solutions for injection, dragees, tablets, syrups, drops, capsules.

Oral preparations are taken 1-2 hours before meals due to the properties of iron absorption, and caffeinated drinks (tea, coffee) are not recommended as a liquid for drinking the preparation, as they impair iron absorption. The interval between taking a dose of the drug should be at least 4 hours. Self-selecting medicines without a doctor's prescription can lead to difficulties or iron poisoning due to side effects.

During treatment, iron preparations can be taken from 3-4 weeks to several months, depending on the results of the hemoglobin level.

Preparations for children are prescribed in the form of drops and syrup, which is explained by age-related characteristics and a much better absorption of iron in children than in adults. It is possible to take the solid form of the drug for a long time it is better to choose , because liquid forms of iron-sparing drugs can have a negative effect on tooth enamel and cause it to darken.

Prevention of iron deficiency anemia means following a balanced diet and timely diagnostic and therapeutic measures to maintain health.

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