

Topic: The role of rational nutrition in children of all ages with anemia

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Annotation: Changes in children with anemia, various diseases that occur in them, and the importance of their dietary rheumatoid arthritis are highlighted. The resulting embryo was allowed to develop in nutrients and then inserted into her womb, where it implanted.

Keywords: anemia, WHO, hemoglobin, food digestion, iron deficiency.

Anemia (malaria) is a decrease in the total amount of hemoglobin in the blood and the consensus of the bloodstream unit.

With a normal level of hemoglobin levels in the blood at 119-130g G¹, anemia occurs when it decreases to 111.0g¹ or lower.

Anemia is one of the most common children's diseases around the world, and according to WHO, most of them are caused by iron deficiency. Therefore, iron deficiency anemia is a common pathology of the blood system at a young age.

According to The Watch Tower Publications Index and the Research Guide for Jehovah's Witnesses, TTA among women spreads by 10-20% in economically developed goods and up to 90% in developing goods.

Over the past 10 to 15 years, observations have shown that iron deficiency anemia in the country is between 25-88% among children and adolescents, with a greater risk of contracting the disease for children between the ages of 1 and 2.

Due to a lack of iron, 70% of anemia develops. If this microelement is in small quantities, it stops the formation of hemoglobin molecules. As a result, the blood begins to carry very little oxygen. Lack of iron in other tissues leads to problems with skin, hair, heart and digestion. If an iron deficiency is felt in the body, but anemia has not yet developed, this condition is called sideropenia or iron deficiency. Most often, anemia occurs in women of childbirth, pregnant women, as well as in adolescents between the ages of 12 and 17. By the age of old age, iron deficiency also develops in men. In the first year of life, iron deficiency is also found in 60% of children born after multiple pregnancies.

Types of iron deficiency

Iron deficiency gradually increases and occurs in several stages.

- The first stage is called "prelatent". At this stage, iron is consumed more than it enters the body, but its reserves in the tissues will still be sufficient. Prelatent iron deficiency can be corrected by changing the diet. You can also use dietary supplements, vitamin supplements. Such prevention will help restore the necessary microelement reserves and prevent the development of anemia. If the shortage is not eliminated, the iron deposits in the tissues gradually begin to decline. In this case, the level of hemoglobin will not change, but specific symptoms may appear. In the analysis, you can find a decrease in ferritin and transferrin.
- In latent deficiency, it is necessary to revise the diet, use special vitamin complexes. For at-risk groups, such as pregnant women or children, a doctor may prescribe iron preparations at this stage.
- If the latent (hidden) deficiency is not fixed, iron deficiency anemia will develop. In the case of anemia, it is necessary to take special medications. Treatment usually lasts when the body needs iron or until the causes of its deficiency are addressed

Causes of iron deficiency

Sideropenia syndrome can develop for several reasons:

- muvozanatsiz ovqatlanish;

- diseases of the stomach or intestines;
- loss of blood;
- increased need for iron.

For the last reason, symptoms of iron deficiency anemia occur in pregnant women and children.

The risk of iron deficiency anemia is considerably higher for:

- in newborns;
- in children of active growth;
- homily emizikli onalarda;
- in women of reproductive age, that is, menstrual females.

Pregnancy is one of the main risk factors for iron deficiency anemia. A future mother should provide this microelement not only with herself, but also with her child. Before giving birth, the baby's body accumulates about 300 mg of iron obtained from the mother.

Mother's milk for newborns is the only source of iron. If the breastfeeding mother does not have enough iron in her body, then the child will also have an iron deficiency. Iron is involved in the formation of nervous tissue, and its lack greatly affects the development of the baby. During active growth, siderropenia can develop in almost 50% of children. Especially girls tend to grow up more actively and become susceptible to it during the onset of menstruation. All females are prone to siderropenia due to regular blood loss during menstruation. Especially if due to hormonal disorders, bleeding is long and abundant.

Iron deficiency anemia - diagnosis

Sideropenia can be detected even before hemoglobin decreases. To do this, ferritin, transferrin and TIBSS in the whey are detected. The increase in TIBS and the decrease in the first two indicators indicate a decrease in the iron reserves that are in the tissues.

Iron deficiency in anemia begins to affect the production of hemoglobin. Typically, in females, hemoglobin should be above 120 g/l. For males - not less than 130 g/l. Norms for pregnant women fall to 110 g/l. This lower than normal level of hemoglobin indicates a mild level of anemia. If its level dropped to 70-89 g/l, this is the average case. In a serious pathology, hemoglobin is lower than 70 g/l.

Iron deficiency anemia is a treatment. At the stage of a hidden shortage, it is enough to adjust the diet, if hemoglobin has not yet fallen, start eating vitamins, some food and vitamin supplements. The body itself increases the absorption of iron from the intestine, and the shortage quickly recovers. In case of severe iron deficiency anemia, special medications should be taken. They allow for the rapid restoration of the iron supply, activation of the formation of hemoglobin and red blood cells.

Eating in iron deficiency anemia parhez does not help to manage severe anemia. But proper nutrition can prevent the development of a major iron deficiency.

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