ANEMIA IN PREGNANCY AND ITS TYPES

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Annotation: *Anemia is anemia, which is more common in women during pregnancy. Anemic pregnant women are born with anemia due to lack of iron. I have looked into natural and drug treatments to prevent this.*

Key words: *anemia, hemoglobin, pregnancy, iron, folic acid.*

HOMILADORLIKDA ANIMIYA VA UNING TURLARI

Annotasiya: *Animiya bu kam qonlik bo'lib, ko'proq ayollarda homladorlik paytda uchraydi. Animiyaga uchragan homladorlarda temir moddasi yetishmasligi oqibatida farzandi ham kam qonlik bilan tug'iladi. Buning oldini olish uchun tabiiy va dorilar yordamida davolanishni ko'rib chiqdim.*

Kalit so'zlar: *animiya, gemoglabin, homladorlik, temir, foliy kislota.*

АНЕМИЯ ПРИ БЕРЕМЕННОСТИ И ЕЕ ВИДЫ

Абстрактный: *Анемия – это анемия, которая чаще встречается у женщин во время беременности. Беременные женщины с анемией рождаются с анемией из-за недостатка железа. Я изучил естественные и медикаментозные методы лечения, чтобы предотвратить это.*

Ключевые слова: *анемия, гемоглобин, беременность, железо, фолиевая кислота.*

Anemia - a disease characterized by a decrease in the number and quality of erythrocytes and hemoglobin in the blood. Anemia can be caused by a violation of the process of blood formation, the bone marrow, the main blood-forming tissue, cannot perform its function adequately. Anemia caused by iron and vitamin B12 deficiency is quite common. Anemia is often observed in case of long-term bleeding, peptic ulcer or stomach and duodenal ulcer. Iron deficiency anemia is common in women with long and heavy periods. Anemia related to iron deficiency is caused by frequent pregnancy and long-term breastfeeding, because during pregnancy and breastfeeding, part of the iron reserve in the mother's body is transferred to the child. A decrease in the amount of hemoglobin in the blood, while the number of erythrocytes is slightly reduced or equal, is one of the main symptoms of anemia related to iron deficiency. The patient is discolored, often complains of rapid fatigue, headache, dizziness, blurred vision, hair loss, and brittle nails. Sometimes it becomes difficult to swallow, the patient wants to eat things that are not usually eaten (chalk, lime, gilvata, etc.), likes spicy, salty foods. In the prevention and treatment of anemia related to iron deficiency, it is necessary to identify and eliminate possible sources of blood loss in time, achieve a certain level of planning of pregnancy and

childbirth, and follow a balanced diet. Anemia caused by vitamin B12 or folic acid deficiency is much rarer. This type of anemia has specific symptoms: sore tongue, signs of damage to the nervous system (funicular myelosis) when the disease is missed. In order to prevent this type of anemia, it is very important to timely identify and treat chronic diseases of the gastrointestinal tract, especially those with diarrhea. In places where worms are spread, it is necessary to take measures to prevent infection from them, and when the disease appears, it is necessary to treat it in time. There are many types of hemolytic anemia associated with extensive destruction of erythrocytes. They can be hereditary or acquired, and are usually characterized by yellowing of the skin and mucous membranes, and a decrease in the number of red blood cells and hemoglobin. In all types of anemia, it is necessary to consult a doctor and get proper treatment in time. There are many reasons to think about body changes during pregnancy. Although every pregnancy is different, there are a few things that most people may experience, including anemia in pregnancy, which most pregnant women experience.

This condition, or anemia in pregnancy, is caused by a lack of red blood cells that deliver oxygen to your body's tissues. Mild anemia can make you tired, but if it becomes too severe or is not treated in time, it can lead to serious risks.

In fact, anemia during pregnancy increases the risk of premature birth, low birth weight, and even maternal death.

Knowing more about the types of anemia, common symptoms, and treatment methods will help you identify the warning signs of anemia early so that you can see a doctor in time to prevent complications.

Don't worry. Just tell your health care providers, doctors, about all your symptoms and they will help you along the way. Let's learn more about anemia in pregnancy through this article.

You can get more information about the physiological and pathological changes that occur during pregnancy in the "Pregnancy" section. What is the cause of anemia in pregnancy?

Although mild anemia in pregnancy is common for many people, it can become a serious problem that requires more serious medical treatment if left untreated.

If your body doesn't have enough red blood cells to carry oxygen, it affects your organs and body functions.

There are more than 400 types of anemia. It also has a variety of causes, but the most common ones relate to red blood cell production and general health.

Also, physiological anemia is a normal process associated with pregnancy.

When the total volume of blood increases during pregnancy, the amount of fluid (or plasma) increases more than the volume of red blood cells. As a result, a low percentage of erythrocytes in the total volume of blood occurs - this change is reflected in the blood analysis.

Iron deficiency anemia. Deficiency of iron stores before and during pregnancy leading to iron deficiency is the most common cause of anemia.

In this type of anemia, the lack of iron reserves leads to a decrease in the production of hemoglobin.

During pregnancy, your body works harder to provide your growing baby with the right nutrients, resulting in an increase in blood volume of about 45 percent. As a result, you may develop physiological anemia.

Your body supplies the baby with the iron it needs to make its own hemoglobin.

The increase in blood volume and production of the baby's hemoglobin allows for more of the necessary oxygen and nutrients to be transported, but also increases the daily requirement for important minerals such as iron.

Folate deficiency anemia. Folate deficiency anemia is another common type of anemia that occurs during pregnancy.

Folic acid is a water-soluble vitamin that helps prevent neural tube defects or brain problems during pregnancy.

Women of reproductive age and pregnancy need higher levels of folic acid, so it is recommended to take a folic acid supplement even before planning a pregnancy.

Anemia in pregnancy due to vitamin B12 deficiency. Your body also uses vitamin B12 to make red blood cells.

Vitamin B12 is mainly found in animal products such as meat, eggs, fish and poultry.

Therefore, women who do not eat these foods regularly, including vegetarians and vegans, may be at increased risk of vitamin B12 deficiency.

Some people are deficient because of a problem with the body's processing of B12.

Folate deficiency and vitamin B12 deficiency often occur simultaneously. If you think you may have a deficiency, your healthcare provider will need to run lab tests to determine what type of anemia you have.

What are the symptoms of anemia in pregnancy?

Mild levels of anemia may have no symptoms at all, but moderate to severe cases may present with the following symptoms:

excessive fatigue or weakness;

pale skin (pallor);

shortness of breath, chest pain;

dizziness;

cold hands or feet;

a craving for non-food items such as clay, soil or cornstarch.

If you have anemia during pregnancy, you may experience some or all of these symptoms.

During pregnancy, general blood analysis and several tests are conducted to determine whether there are pathological conditions such as anemia in pregnancy.

You can expect to be tested again early in your pregnancy and usually closer to your due date.The most common tool used to diagnose anemia is a complete blood count, which is a group of tests that measure the size and number of blood cells in a sample.

If you are diagnosed with anemia, your doctor may also use other blood tests to evaluate the exact cause or identify nutritional deficiencies.

Also, if you notice the above symptoms of anemia in pregnancy and are concerned, contact your doctor immediately.

Methods of treatment and prevention of common anemias during pregnancy. In most cases, anemia during pregnancy can be prevented, especially with a good vitamin-rich diet.

There are some ways to make sure you're getting the vitamins and minerals you need to keep your red blood cell count in the right range during pregnancy.

Prenatal vitamins. Prenatal vitamins usually contain many of the micronutrients you need during pregnancy, including iron and folic acid.

Taking a prenatal vitamin once a day is an easy way to help replenish your body with the vitamins and minerals needed to produce enough red blood cells. It is best to start taking a prenatal vitamin 2-3 months before trying to conceive.

Iron supplements. If you have low iron levels, your doctor may recommend separate iron extracts in addition to your daily prenatal vitamin.

On average, pregnant women need 27 milligrams of iron per day { Source }.

However, dosage may vary depending on the type of iron or iron supplement taken, so it's best to talk to your doctor about how much to take.

You should also avoid taking calcium supplements at the same time as iron supplements, as calcium can interfere with your body's absorption of iron.

Antacids can also interfere with iron absorption. It is best to take iron 2 hours before or 4 hours after taking antacids. Taking an iron supplement with vitamin C can help your body absorb more iron. To facilitate this, some medicines contain both.The right food. Most people can get enough iron and folic acid during pregnancy through a healthy diet. These important minerals are found in:

poultry meat and products;

fish;

lean red meat;

legumes;

nuts and grains;

dark leafy greens;

cereal products;

eggs;

banana and melon.

Iron minerals in animal products are easily absorbed. If the iron you eat comes from plant sources, eat it with foods high in vitamin C, such as tomato juice or orange juice, to help it absorb more easily. Sometimes taking iron supplements alone may not be enough to increase your iron levels. In this case, your doctor will discuss other treatment options with you.

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