

## Iron Deficiency Anemia in Rural Areas

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**Abstract:** This paper presents the results of a study of the causes of iron deficiency anemia (IDA) in women of childbearing age in rural areas based on a retrospective analysis of 1008 medical records. The studies showed that IDA still occupies a leading position in the spectrum of extragenital diseases among women of childbearing age. The aim of the study was to determine the causes of the spread of IDA among women in rural areas. The study found that IDA still continues to occupy a leading position among the extragenital diseases of women of childbearing age living in rural areas.

**Key points:** Iron deficiency anemia, outpatient card, rural medical center.

Iron deficiency anemia is a disease with reduced levels of red blood cells, hemoglobin, and serum iron in the blood, which causes trophic changes in the tissues. Iron deficiency conditions occur in almost half of the world's population. At least 4% of women of reproductive age, 20-30% of pregnant women (30-50% at the end of pregnancy) have severe iron deficiency, and even 1-2% of men also suffer from this pathology (6, 9). According to WHO, about 2 billion people in the world suffer from anemia, and latent iron deficiency is observed in 3.6 billion people (7, 9). Literature data show that among the examined adult outpatients, anemia occurred in 12-13% of cases in women, with the frequency reaching 21-22% in women aged 40-49 years and 2.8-5.6% in men, with a peak of up to 21% at the age of 60-69 years (5, 10). Experts believe that the main reasons for the high prevalence of anemia, including IDA, are the alimentary factor, including insufficient iron intake with food, and low public awareness of this disease (2, 5). Despite advances in the treatment of internal organ diseases, anemia (IDA) continues to be a social problem (1, 2, 5). However, despite active preventive work among women, the spread of anemia cannot be reduced.

Given the global problem of iron deficiency and the high prevalence of IDA, the fight against anemia is currently a global health priority: the World Health Organization (WHO) aims to reduce the prevalence of anemia in women of reproductive age by 50% by 2025 (11).

If previously, the spectrum of regional causes included multiple childbirth and episodes of gastrointestinal bleeding, which significantly affect the increase in the prevalence of iron deficiency state (IDS) in the regions (3,4), then by now impressive results have been achieved in reducing their role to a minimum. Nevertheless, IDA still occupies a leading place among extragenital diseases (EGD) of women of fertile age. In this regard, the problem of IDA attracts even more attention of specialists (2, 8, 9).

Due to the global problem, IDA obliges each specialist to make their own contribution to the fastest possible unraveling of the key aspects of the reasons for its frequent spread in regions among women of childbearing age (1, 2, 5).

Since the problem of iron deficiency and IDA is of a global nature, the fight against anemia is currently a priority for health care on a global scale (1, 8).

**Objective of the study.** In connection with the above, the objective of this work is to determine the causes of the spread of IDA among women of childbearing age in rural areas.

**Materials and methods of the study.** The survey was conducted at rural medical stations of the Vabkent district of the Bukhara region. The data obtained by retrospective analysis of medical records of patients with IDA, registered for iron deficiency anemia at rural medical stations, were analyzed. A total of 1008 medical records with anemia were analyzed. According to the severity of the disease, patients were divided into mild, moderate and severe forms.

Analysis of the outpatient records of patients revealed that 577 (57%) of them had mild, 302 (30%) moderate, and the remaining 129 (13%) severe stage of IDA.

**Results and discussion.** The following results were obtained in the course of the conducted studies. The conducted studies showed that patients who received non-steroidal anti-inflammatory drugs (NSAIDs) and NSAIDs associated with astropathy and other types of pathology of this localization, gastroduodenal leeding was detected in 22 outpatient cards of patients with IDA, which is 2.2%. In 86 patients, the causes of this form of anemia are kidney diseases, which is 8.5%. Alimentary causes accounted for 96 - 9.5%, metrorrhagia 137 - 13.6%, shortened interpartum interval in 68-6.7%, abortions 25-2.5%, helminthiasis 38-3.7% and other causes make up 536-53.2% of the total number of outpatient cards of patients suffering from IDA. Based on the conducted studies, it can be concluded that IDA continues to occupy a leading position among EHZ of women of fertile age living in rural areas. Moreover, the leading places are occupied by metrorrhagia, kidney diseases and alimentary factors.

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