

IDA IN CHILDREN AND PREGNANT WOMEN

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Relevance: iron deficiency anemia (IDA) is one of the most common eating disorders in the world. IDA can be diagnosed in children and women in many developed and developing countries. Its prevalence is about 2 billion people of the world's population. This disorder is usually caused by iron deficiency, one of the reasons can be some of infectious diseases, disbalanced diet and medical therapy.

Nowadays iron deficiency anemia is an urgent public health problem and this fact explains the relevance of our investigation.

The aim of the study: to investigate the reasons of IDA in children and pregnant women.

Materials and methods: WHO database, International Pediatric Association (IPA) database and Public Health Ministry database were used to analyze the prevalence of IDA in different groups of population.

Results: according to our results IDA is diagnosed in over 40% pregnant women (23–43% in Russia), about 30% of non-pregnant women aged from 15 to 50, 20–25% of children of the first 2 years of life (according to WHO), about 50% of children under 5 and over 10% of men over 15. IDA accounts for about half of anemia cases, with children, fertile women and the elderly and old being the most affected. The development of IDA is closely correlated with the economic level of the country and individual population groups. In the United States, the frequency of IDA in men is 2%, in white women — 9–12%, in Hispanic women and African-American women — 20%. In the Third World, the frequency of IDA is 40-50%, and children in some countries reach 100%. In Russia, the frequency of IDA in women of childbearing age is about 25%. The levels of IDA in children and pregnant women are quite significant.

Conclusions: The main reason of the development of IDA is poor nutrition. Much less often, IDA develops due to bleeding of various localizations, which leads to IDA, or clay invasion in the countries with low sanitary culture. Besides, during the new coronavirus infection COVID-19 there is a positive dynamics of the development of IDA in the world. The main treatment method of IDA is iron preparations for ingestion.

References

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