

## MODERN PERSPECTIVES IN THE TYPES, PREVALENCE AND DIAGNOSIS OF ANEMIA

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### ABSTRACT

The article shows modern aspects of the study of its link, early detection, prevention and scientific research among the primary cases of the spread and diagnosis of anemia. Thus, iron deficiency anemia and chronic diseases can appear together with subsequent anemia, and these disorders are given to reveal any changes in serum iron, ferritin and C-reactive protein.

**Keywords:** Hemopoiesis, Iron deficiency anemia (IDA), Chronic diseases of anemia (ChDA), Aplastic anemia (AA), ferritin, serum iron, C-reactive protein, ferrokinetics

### ACTUAL

World-wide scientific researches show that in almost the majority of scientific research aimed at the study of anemia by hematologists and other specialists, that is, in the study of the prevalence, diagnosis and treatment problems of anemia, iron deficiency is considered from the point of view of monodeficiency. studied, but at the moment scientific views show that hemopoiesis, more precisely, hemoglobin formation is a multi-stage polyfactorial process in which a number of trace elements also participate. The lack of these hemopoietic microelements depends on external and internal factors affecting the human body, as well as other existing pathologies, which in turn affect the factors involved in hemoglobin synthesis, hemoglobin synthesis is disturbed .

Currently, 10-20 percent of the population has various types of anemia. Iron deficiency anemia is the most common, accounting for about 90% of all anemias. A long-term analysis of a large number of observations is the basis for considering iron deficiency anemia (TTA) as pathogenetically polymorphic. The problem of iron deficiency (IRD) is not new in medical science and practice [1].

**The goal:** Study of the modern approach to the problems of anemia types, prevalence and diagnosis.

## RESULT

According to the WHO, iron deficiency anemia is detected in 1 billion 800 million inhabitants of our planet. It is important to know that latent (hidden) iron deficiency is common in the population. Its frequency is from 19.5 to 30%. In addition, 50 to 86% of women in different populations have risk factors for anemia. A four-year dynamic observation of Sazonova OV showed that the natural development of iron deficiency in women of working age is characterized by the appearance of open and hidden anemia even in almost healthy people - in 6.3 and 25% of cases, and the risk of developing anemia is among those - 12.3 and 46.2% of cases, respectively. At the same time, spontaneous relief of LV (without appropriate therapy) for two years occurs in only 13.4% of women, in 60.0% of cases it is preserved, and in 26.6% a specific form of iron deficiency - becomes anemic. All this indicates that the problem of iron deficiency in the body goes far beyond the scope of medical authority [7]. It has been determined that the course and outcome of anemia are affected by a whole set of endo and exogenous factors [2].

It is worrying that the most vulnerable groups are children, adolescents and women of reproductive age [5]. Among the endogenous factors, maternal anemia during pregnancy plays an important role in the development of TTA in children [1, 4, 6, 7]. Hereditary predisposition to the disease is often observed (grandmother, mother, daughter, sisters) [2,3]. Information on the role of the major histocompatibility complex genes associated with IDA has emerged. Researchers emphasize the importance of the blood coagulation system and iron metabolism due to thyroid, adrenal, pituitary and liver dysfunction, as well as autoimmune processes that lead to the development of sideropenia [2, 3, 5].

The continuing high prevalence of recurrent, severe and resistant forms of sideropenia in the population shows the complexity and unresolved nature of this problem [4, 6]. However, the symbiotic effect of erythroid and immune system cells in cases of iron deficiency has not been determined, and negative regulators of hematopoiesis (IL-1, IL-6, FNO- $\alpha$  and INF- $\alpha$ ,  $\gamma$ ) and their role in the pathogenesis of sideropenias have not been studied.

This problem is also relevant in the Republic of Uzbekistan. IDA epidemiology, clinic, treatment and prevention problems in the republic have been studied by a number of leading scientists of our country, according to them, the frequency of iron deficiency anemia varies from 10 to 60% and does not tend to decrease. recent years [2, 7,].

Anemia of chronic disease (SKA) is the most common anemia in the world (second only to iron deficiency anemia) and is associated with infectious, rheumatic and neoplastic diseases, chronic heart failure, chronic kidney disease, diabetes, liver cirrhosis and developed and passes together with others [4].

When studying the probability and level of development, SKA occurs in chronic kidney disease (CKD) - in 47.7-80%, chronic heart failure (CHuE) - in about 50% [2,7], diffuse liver diseases in about 50%, autoimmune diseases it has been studied in rheumatoid arthritis - 36-65%, systemic lupus erythematosus - 37.1-50%, diabetes - 19-37.5%, and malignant tumors - 39-69% [3].

### CONCLUSION

Thus, according to the information in the studied scientific literature, the prevalence of anemia largely depends on the region, socio-economic conditions and the level of health care development. Scientific information about the types of anemia, frequency of occurrence in terms of gender was studied.

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