

ID: 2020-05-8-T-19197

Тезис

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### **Anemia as a factor in the deterioration of a person's quality of life**

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Anemia is a pathological condition that may occur at any period of human life, not only in various diseases as a concomitant symptom, but also in certain physiological conditions, for example, during periods of active growth, hormonal changes of puberty, pregnancy and lactation. Anemia may lead to the changes in the nature of nutrition, surgery, infections, invasive, cancer. According to the generally accepted classification, there are anemias resulting from: blood loss (acute and chronic); disorders of blood formation (deficient and associated with a violation of the synthesis or utilization of porphyrins); increased bleeding (hereditary and acquired). According to WHO, anemia of different nature occur in 1.8 billion people of the world, in Russia - in one third of the population. For all types of anemia is characterized by the so-called anemia syndrome: pallor of the skin and visible mucous membranes, fatigue, weakness, drowsiness, headache, dizziness, "noise" in the ears, "flies" in front of the eyes, tachycardia, decreased blood pressure AND shortness of breath.

In order to identify such conditions among the age group of 18 – 22 years, a survey was conducted. Respondents were interviewed and responded positively (in %) to the following questions: sudden weakness and loss of strength - 40%, dark circles under the eyes, pale skin - 30%, shortness of breath, periodically rapid heartbeat at rest – 10%, memory problems – 25%, dizziness – 56%, sudden flickering "flies" before the eyes – 25%, leg cramps – 10%, insomnia – 46%, decreased appetite – 30%, hair loss and brittle hair, thin and flaky nails – 70%, chronic bleeding – 10%. On the basis of the obtained data it is possible to draw a conclusion about significant frequency of occurrence of signs of anemia among persons of the studied age group. Recommendations on rational nutrition have been developed for them, a list of products with an indication of the iron content in them has been compiled, preventive measures have been proposed.

**Keywords:** anemia, causes, symptoms, prevention