

COMPLAINTS AND ACCOMPANYING CONDITIONS IN CASES OF IRON-DEFICIENCY ANEMIA

Iminov B. M.

Andijan Medical Institute, Uzbekistan

Introduction

Iron deficiency anemia is a common condition characterized by a lack of iron in the body, leading to a decrease in the production of red blood cells. One of the main symptoms of this condition is fatigue, but there are also complaints and associated conditions that can arise as a result of iron deficiency anemia.

Iron-deficiency anemia occurs when there is insufficient iron in the body to produce hemoglobin - a protein in red blood cells that carries oxygen to the body's tissues. This can lead to various symptoms, including fatigue, weakness, pale skin, shortness of breath, and dizziness.

Patients with iron deficiency anemia may experience a variety of symptoms, including:

- **Fatigue:** Feeling tired and lacking energy is a common complaint among individuals with iron deficiency anemia.
- **Weakness:** Muscle weakness and a general feeling of weakness may also be present.
- **Pale skin:** Iron deficiency can lead to paleness of the skin and loss of facial color.
- **Shortness of breath:** Difficulty breathing, especially during physical activity, may occur due to a decreased ability to transport oxygen.
- **Dizziness:** Feeling dizzy and lightheaded is another symptom of iron deficiency anemia.

In addition to the complaints mentioned above, iron deficiency anemia may also be associated with other conditions, including:

Restless leg syndrome: This condition is characterized by an uncontrollable urge to move the legs, especially at night, and its development is linked to iron deficiency.

Pica: Pica is characterized by cravings for non-food items, such as ice, dirt, or paper, and is often observed in people with iron deficiency anemia.

Hair loss: Iron deficiency can lead to hair loss and thinning, as iron is essential for healthy hair growth.

Cognitive problems: Some studies suggest that iron deficiency anemia may be associated with cognitive impairments, including poor memory and concentration.



The aim of our study is to investigate the comorbidities and complaints in individuals with iron deficiency anemia prior to gastric resection.

Research material and methods. In the period of 2017-2022, 128 patients in Andijan Province's Comprehensive Medical Center and the SHTE Department in Andijan district were treated for conditions involving oshkuzon and twelve-finger intestine ulcer. Following operations, signs of postoperative complications were detected in some patients. Among them, 83 underwent surgeries conducted by research groups Bilrot-1, Bilrot-2, and L.G. Khachiev, while the remaining 45 were treated using traditional methods.

Medical complaints and associated illnesses were identified through the patient's medical history and outpatient records.

Results and its discussion.

An observational study of a representative sample of patients revealed that the majority experienced symptoms such as tachycardia, shortness of breath, and dizziness (128 individuals), fatigue during physical activity (122 individuals), headache (120 individuals), tingling or numbness in the extremities (119 and 92 individuals), loss of appetite (110 individuals), dry skin (101 individuals), sleep disturbances (98 individuals), arrhythmia (98 individuals), sweating during work (90 individuals), and chest pain and digestive discomfort (54 and 67 individuals) (refer to Table 1).

Table 1 Complaints of persons diagnosed with iron deficiency anemia frequency and character

Complaints	Number of people	% of total complaints
Relaxation	128	100
Dizziness	128	100
Increased fatigue	120	93,7
Nail breakage	119	92,9
Tamni disorder	110	85,9
Dry skin	101	78,9
Hair breakage	92	71,8
Decreased appetite	90	70,3
Tachycardia	128	100
Arrhythmia	98	76,5
Lack of air during operation	122	95,3
Pain in Corinne	54	42,1
Dyspeptic complaints	67	52,3
Drowsiness	98	76,5
Total persons inspected	128 (100%)	



Among the individuals surveyed, 8 out of 127 (6.3%) did not exhibit signs of concomitant diseases. However, the majority of patients showed ulcers in the duodenum, affecting the lesser curvature, second and third portions of the duodenum (see Table 2). Additionally, a majority of patients (62.5% and 60.9% respectively) were found to have severe gastritis and colitis, while only 17 individuals (13.2%) in this study were diagnosed with chronic pancreatitis as the primary pathology.

Table 2 comorbidities identified in patients with iron deficiency anemia

Types of diseases	n=128	%
Gastric and duodenal ulcers	120	93,8%
Chronic gastritis	80	62,5%
Chronic colitis	78	60,9%
Chronic cholecystitis	67	52,3%
Chronic pancreatitis	17	13,2%

The information above indicates that chronic gastritis is the most common pathology of the stomach, as evidenced by microscopic examinations, with atrophic and superficial gastritis identified in 62.5% of cases, and superficial cholecystitis in 52.3% of cases. When undergoing an upper endoscopy, reflux gastritis and duodenitis were identified. Family physicians did not provide a differential diagnosis in an outpatient setting. The diagnosis of chronic gastritis was made based on clinical complaints and upper endoscopy findings, without histological examination. Postoperative anastomosis and total atrophic gastritis were identified based on the conclusions of endoscopic examinations. The causes of secondary anemia were not identified.

After resection, the following disorders were found in 128 patients who experienced postoperative complications:

- Heart failure occurred in 5.4% of cases, that is, in 7 patients.
- Rheumatism was found in 2.2% of patients, that is, in 3 people.
- Myocardial dystrophy manifested itself in 11.2% of cases, which is 14 people.
- Chronic bronchitis was diagnosed in 9.2% of patients, that is, in 12 patients.
- Chronic pyelonephritis was found in 3.1% of patients, which corresponds to 4 cases.
- Gallstone disease was diagnosed in 2.4% of patients, that is, in 3 people.
- Diabetic complications occurred in only 0.8% of cases, i.e. in one patient out of the total number.

Based on these data, diabetic complications occurred in one patient after laparoscopic resection, which represents a small percentage of the total number of patients with



postoperative complications. This suggests that these complications may be rare after such operations.

Complaints of iron deficiency anemia and comorbidities may be added as a patient assistant. Findings from data about complaints and associated conditions may help guide the future development and management of this condition. Below are some possible conclusions:

1. Complaints of longitudinal weakness and fatigue^{**}: Patients with iron deficiency anemia often complain of longitudinal weakness, fatigue, increased heart rate and shortness of breath. These symptoms may be disturbances in hemoglobin and oxygen levels in the blood.
2. Complaints about changes in taste preferences and eating behavior^{**}: Iron deficiency anemia may be accompanied by strange taste preferences, appetite worsens, which can lead to imbalance in nutrition.
3. Complaints about the observation of a skin condition^{**}: Lack of glands can affect the condition of the skin, manifested by dryness, pallor and even the appearance of ulcers.
4. Concomitant diseases and conditions^{**}: Iron deficiency anemia can be combined with other diseases, such as gastrointestinal diseases, peptic ulcers or inflammatory processes. This may be worsened in the case of anemia and require complex care for each individual.

Based on complaints and concomitant conditions with iron deficiency anemia, we can conclude that a comprehensive examination is necessary on an individual basis and the results. Understanding these aspects will help adjust treatment and improve outcomes for patients with this pathology.

