

## ANEMIA IN EARLY PREGNANCY

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**Abstract:** Anemia in pregnant women is a condition in which the level of hemoglobin in the blood or the number of erythrocytes is below the norm, which leads to a lack of oxygen in the tissues of the body.

**Key words:** anemia, erythrocytes, hemoglobin, proteins, foods with iron

Pregnant women are especially prone to the risk of developing anemia, as the amount of blood in the body increases, more iron is needed to produce red blood cells. Symptoms of anemia during pregnancy can be observed in the following cases: pale skin and mucous membranes, weakness, rapid fatigue, nausea, insomnia, dizziness, headache, very poor appetite when eating. Anemia during pregnancy is diagnosed by measuring hemoglobin and blood levels. The normal level of hemoglobin for pregnant women is 11-12 g / dL.

Pregnant women should regularly visit a doctor to monitor hemoglobin levels, receive recommendations for the treatment and prevention of anemia. Anemia in pregnancy occurs as a result of increased consumption of iron by the fetus. If the pregnant woman is not sufficiently replenished due to unstable nutrition. And as the baby grows, iron consumption increases. Thus, if a woman spends about two or three milligrams in the first trimester of the amount consumed before pregnancy, in the second trimester this figure increases to three or four milligrams per day. In the third trimester, a woman should replenish at least ten to twelve milligrams of iron per day. Thus, iron deficiency during pregnancy is mainly detected at the last stage. Usually, the level of iron consumption in the first trimester of pregnancy is equal to the level of iron loss before pregnancy and is 2-3 mg. As the fetus grows, the need for iron increases. In the second trimester, a woman needs 2-4 mg per day, in the third - 10-12 mg per day. Measures against anemia during pregnancy are as follows: Nutrition - iron-rich products for pregnant women: meat products, beef, caramel, chicken eggs, apples, pomegranates, turkey meat, especially beef, chicken, fish products, beef the most reasonable treatment is to include foods made from healthy liver and dark green vegetables in the diet. Fruits like apples, bananas, and pomegranates are rich sources of iron, which people with anemia should consume daily to keep their cheeks rosy and

healthy. Mulberries and black currants are also rich in iron. The dark pink juice flowing from the beetroot shows its ability to treat anemia very well. Dark chocolate is a suitable snack for pregnant women as an iron supplement due to its delicious and nutritional value. 100 g of dark chocolate contains up to 11.9 mg of iron. In addition, dark chocolate contains prebiotic fibers, which help to feed beneficial bacteria for the gut. At the same time, chocolate also has a high antioxidant effect, It is very beneficial for pregnant women. Additional consumption of drugs containing iron (more than 6% of iron is not absorbed from the product, while 30-40% of iron is supplied to the body) . If the body is not adversely affected by drugs, what happens to the serious form of the disease and the body's resistance, iron is injected. Do not forget that treatment with iron is very good.

Anemia can be caused by a violation of the blood formation process, the bone marrow, the main blood-forming tissue, cannot perform its function sufficiently. Anemia caused by iron and vitamin B12 deficiency is quite common. Anemia is often observed in case of long-term bleeding, peptic ulcer or stomach and duodenal ulcer. Iron deficiency anemia is common in women with long and heavy periods. Anemia associated with iron deficiency is caused by frequent pregnancy and long-term breastfeeding, because during pregnancy and breastfeeding, part of the iron reserve in the mother's body is transferred to the child. Anemia observed in young children occurs as a result of improper feeding, as well as lack of food. A decrease in the amount of hemoglobin in the blood with a slightly reduced or normal number of erythrocytes is the main symptom of iron deficiency anemia.

Add red meat, fish, poultry, dried fruit and products rich in vitamin C to your daily diet. Restriction of milk, coffee and Jigildak boiling and digestive medicines. In general, anemia during pregnancy is a serious disease that can affect health and development. But early detection and treatment of anemia can help prevent complications and ensure a healthy pregnancy.

#### Used literature:

1. for-pregnant-women-with-anemia internet information
2. <https://uz.megawecare.com/>