



Anemia in adolescent girls

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ABSTRACT

Chronic menorrhagia in adulthood is a common gynecological disease among adolescents.
Persistent menopause is associated with anemia and infertility.
Prolonged menstruation in puberty is a common gynecological condition among adolescents. Long-term menorrhagia can cause severe anemia and even infertility. Taking iron supplements during menstruation can help teenage girls regulate their periods and effectively reduce premenstrual pain symptoms.

Keywords:

Adolescent girls, body, pain, energy improvement, economic development:

Introduction:

Anemia in Adolescent Girls: Causes, Symptoms, and Management

Anemia is a common health condition characterized by a deficiency of red blood cells or a low concentration of hemoglobin in the blood. It can affect individuals of all ages, but it is particularly prevalent among adolescent girls. Anemia can have a significant impact on a young girl's physical and cognitive development, as well as her overall well-being. In this article, we will explore the causes, symptoms, and management of anemia in adolescent girls.

Literature analysis and methodology:

Even when menstruation is normal, mothers pay attention to girls, prepare boiled food on the days of menstruation, start talking like a friend and explain well....

Hormonal changes should be shown to an endocrinologist for prevention

Psychological changes are nervousness, stress mainly because of preparation for school graduation exams or higher education, lack of sleep and not being able to eat on time during this process, eating a lot of fast food to save time, OIT problems, gastritis, hidden bleeding. During stress, the sympatho-adrenal system is

activated. Due to this, it inhibits erythropoiesis and causes anemia.

Instead of eating less, they pay attention to their appearance.

Causes of Anemia in Adolescent Girls:

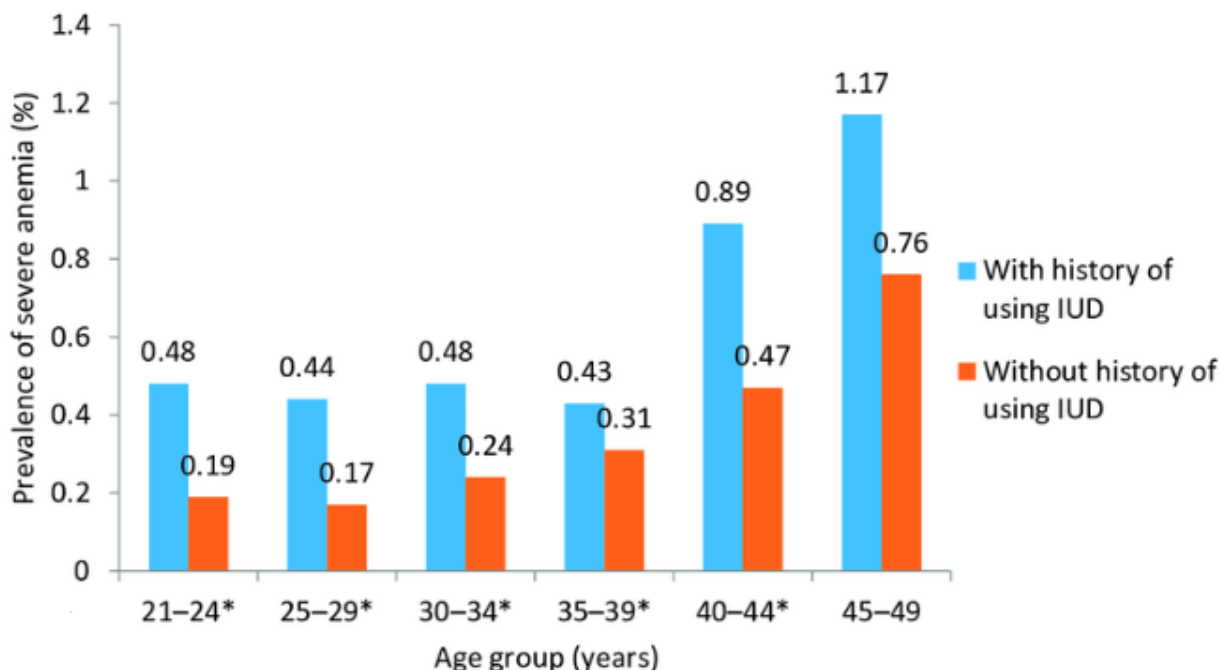
1. Nutritional Deficiencies: One of the primary causes of anemia in adolescent girls is nutritional deficiencies, especially iron-deficiency anemia. Iron is essential for the production of hemoglobin, the protein responsible for carrying oxygen in the blood. Adolescent girls are at an increased risk of iron deficiency due to their growing bodies, increased iron requirements during menstruation, and sometimes poor dietary choices.

2. Heavy Menstrual Periods: Menstruation can lead to significant blood loss, and some girls may experience heavier periods than others. Excessive menstrual bleeding can result in a loss of iron, leading to anemia.

3. Poor Diet: Adolescent girls are often exposed to diet fads and may opt for restrictive diets that lack essential nutrients, including iron, vitamin B12, and folic acid. A diet low in iron-rich foods, such as red meat, leafy greens, and fortified cereals, can contribute to anemia.

4. Pubertal Growth Spurt: Adolescence is a period of rapid growth, and the body requires more nutrients, including iron, to support this growth. Inadequate nutrient intake during this time can result in anemia.

5. Chronic Diseases: In some cases, underlying chronic diseases or conditions, such as inflammatory disorders, celiac disease, or certain types of cancer, can lead to anemia in adolescent girls.



Results:

Symptoms of Anemia in Adolescent Girls:

Anemia can present a range of symptoms, which may vary in severity. Common signs and symptoms of anemia in adolescent girls include:

1. **Fatigue:** A persistent feeling of tiredness and weakness, which can impact daily activities and concentration.
2. **Pale Skin:** A paleness of the skin and mucous membranes, particularly noticeable in the face and inner lower eyelids.
3. **Shortness of Breath:** Difficulty breathing, especially during physical activity.
4. **Headaches:** Frequent or severe headaches can be a symptom of anemia.
5. **Dizziness or Lightheadedness:** A feeling of being faint or unsteady.
6. **Cold Hands and Feet:** Poor circulation can lead to a constant sensation of coldness in the extremities.
7. **Brittle Nails:** Nails may become thin, brittle, and more prone to breaking.

8. **Cognitive Issues:** Anemia can affect cognitive function, leading to difficulties in concentration and memory.

Discussion:

Management of Anemia in Adolescent Girls:

1. **Dietary Changes:** Increasing the intake of iron-rich foods such as lean meats, poultry, fish, beans, lentils, tofu, spinach, and fortified cereals can help address iron-deficiency anemia. It's also essential to consume foods rich in vitamin C, as it enhances iron absorption.
2. **Supplementation:** In cases of severe anemia or when dietary changes are insufficient, healthcare professionals may recommend iron supplements or other necessary vitamins and minerals.
3. **Managing Menstrual Health:** If heavy periods are contributing to anemia, consulting a healthcare provider for appropriate management, which may include hormonal treatments or other therapies, is essential.
4. **Regular Check-Ups:** Adolescent girls should have regular check-ups with their healthcare

provider to monitor their overall health, including their iron levels.

5. Education: Raising awareness about the importance of a balanced diet, menstrual health, and the signs of anemia can help prevent and address the condition in adolescent girls.

Conclusion:

In conclusion, anemia is a common health concern among adolescent girls, primarily due to factors like nutritional deficiencies and heavy menstrual periods. Timely detection, dietary modifications, and, when necessary, medical intervention can effectively manage and treat anemia in this vulnerable population, ensuring their overall well-being and healthy development. It is important for both parents and healthcare providers to be vigilant about addressing anemia in adolescent girls to support their growth and development.

Anemia, girls can get high blood pressure and feel good about themselves, and a doctor can ask for help to find out the causes of anemia and eliminate them. In order to get more information about the types of anemia and medical methods, the girl's family should consult a doctor; this should be done.

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