

THE ROLE OF MICROELEMENTS IN THE HEALTHY NUTRITION OF THE POPULATION. IRON DEFICIENCY

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Abstract

Protection of human health in our country is one of the most important tasks of our state. According to the World Health Organization, 55% of human health is related to lifestyle (diet, bad habits, living conditions), 20% to the environment, 15% to genetic factors, and 10% to medical care[1,2,3]. Today, 56% of the population of the republic is overweight, 24% of them are obese, 46% have cholesterol that exceeds the norm, 31% have high arterial blood pressure, 67% do not eat enough fruits and vegetables (400 g per day).

Keywords

Healthy lifestyle, iron, hair loss, fatigue, headaches, dizziness.

INTRODUCTION

The main symptoms of iron deficiency in the body. A deficiency of certain vitamins or minerals in the body directly affects how we feel and how we look. Ignoring these signs can have serious consequences[4,5]. The human body's need for iron depends on many factors, including age, gender, and lifestyle. The recommended daily dose for a healthy man under the age of 50 is 10 mg, while for women, this indicator is 15 mg.

METHODS

Iron is a factor affecting the process of hemopoiesis, a component of hemoglobin in red blood cells. Iron deficiency not only causes anemia, but also causes many other problems of human health. It is important to recognize the symptoms of iron deficiency in order to prevent and treat it before any unpredictable consequences occur[6,7]. Iron (Fe) is a key mineral involved in the formation of red blood cells and at the same time improves the brain's ability to concentrate. Iron is found in vegetables such as liver, heart, beef, pumpkin, soybeans, or cereals. Iron is one of the most important minerals in the body, especially for women. If the body lacks iron, it causes hair loss, headaches, rapid infection of infectious diseases[8,9,10], pale skin, broken nails and similar bad symptoms. If long-term iron deficiency causes fatigue, stress, and heart palpitations, in a more severe form, it causes anemia, cardiovascular diseases and respiratory failure, weakens the immune system, and causes memory impairment.

RESULTS

The following symptoms may indicate a lack of iron in the body. Hair loss. Usually, hair loss is one of the first signs of iron deficiency in the body. After combing your hair, if you see that the fibers left on the comb are more than usual, we advise you to take an analysis immediately[11]. Fatigue. If you feel tired even if you get enough sleep every day, you may have an iron deficiency. Fatigue usually occurs due to poor oxygen delivery to the cells. Pale skin. If your skin color is lighter than usual, this can also be considered as one of the main signs of iron deficiency[12,13]. The fact is that in case of iron deficiency, the number of cells in the blood drops sharply, which causes the skin to look pale. Headaches. If this problem is accompanied by memory loss and inability to concentrate, you should pay serious attention to your health and start taking vitamins immediately. Dizziness. Another sign of iron deficiency in the body is dizziness when you get up from a sitting position[14,15,16]. This is caused by insufficient supply of oxygen to the cells. Acceleration of heart rate. In the case of iron deficiency, the body cannot provide enough oxygen to the cells, and it "tries"

to replace it by increasing the heart rate[17,18]. Difficulty breathing. An organism whose cells are not saturated with oxygen tries to eliminate this problem by breathing more. However, if you have noticed these signs in yourself, do not delay to see a doctor. Submit the necessary analyzes under the supervision of a specialist and eliminate the problem in time. If you really have an iron deficiency in your body, to combat the problem, in addition to taking vitamins, add natural products that contain a large amount of iron to your diet[19,20]. How to determine the presence of iron deficiency in the body?

DISCUSSION

According to statistics, iron deficiency is observed in 30-40% of the population. This can be caused by various factors, from eating habits to chronic diseases. Find out more about how to identify iron deficiency, what its main causes are, and how to deal with it.

Causes of iron deficiency. A plant-based diet. While giving up meat products certainly has many benefits for the body, there are also some drawbacks. Due to low bioavailability, iron obtained from plant products is absorbed worse than meat or fish.

Malnutrition. It is not necessary to give up meat when the body lacks the necessary substances. According to statistics, people who follow a plant-based diet suffer less from various micronutrient deficiencies because they pay more attention to diet planning[21,22]. Try to eat as natural and diverse as possible and eat less processed products. Eating foods that interfere with the absorption of iron in the intestine. It is worth noting that all these are healthy foods that the body needs.

For example, phytic acid salts found in grains, fresh vegetables, egg whites, polyphenolic compounds in coffee and tea. Of course, it is not necessary to give up these foods, but when taking them, it is necessary to eat more foods rich in iron.

Chronic diseases. These include diseases of the gastrointestinal tract - celiac disease, ulcers, inflammatory bowel disease, tumors, diverticulosis and parasitic infestations[23,24]. In this case, the issue of iron deficiency can be resolved only by a doctor.

Excess weight. Being overweight is often accompanied by increased production of anti-inflammatory substances that interfere with iron absorption and reduce its bioavailability.

Regular sports training. Naturally, physical activity is only beneficial. They significantly increase the need not only for proteins and fluids, but also for vitamins and minerals, including iron[25]. Dealing with iron deficiency. If the symptoms listed above are observed, it is necessary to contact a specialist and undergo tests that clearly show the cause.

Of course, the doctor can prescribe supplements that quickly bring all indicators back to normal. There are also many healthy iron-rich foods to include in your diet. These include shellfish, buckwheat, legumes, raisins and tomato juice.

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