

ANEMIA IN CHRONIC DISEASES IN THE EXAMPLE OF IRON DEFICIENCY

Yuldasheva Nodira Ergashevna

Andijan State Medical Institute, Uzbekistan.

Annotation: dear reader , in this article we will talk about anemia, one of the many diseases that are currently occurring . information has been given on how this disease is experienced in chronic diseases ,with classifications . Chronic disease anemia occurs when an autoimmune disease or other disease lasts more than three months and causes inflammation. Chronic inflammation can affect your body's ability to use the Iron needed to form enough red blood cells. Anemia occurs when there are not enough red blood cells. We know that the etiology of anemia is also diverse , of which iron deficiency anemia is the most common .

Key words: anemia , iron deficiency , chronic diseases, autoimmune .

SURUNKALI KASALLIKLARDA KECHADIGAN ANEMIYA TEMIR YETISHMOVCHILIGI MISOLIDA

Yuldasheva Nodira Ergashevna

Andijon Davlat Tibbiyot Instituti, O'zbekiston.

Annotatsiya: Aziz mutolaachi , ushbu maqolada hozirgi kunda ko'plab uchrayotgan kasalliklardan biri bo'lgan anemiya haqida so'z yuritamiz . ushbu kasallikni surunkali kasalliklarda qanday kechishi ,klassifikatsiyalari haqida ma'lumotlar berilgan . Surunkali kasallik anemiyasi autoimmun kasallik yoki boshqa kasallik uch oydan ko'proq davom etganda va yallig'lanishni keltirib chiqarganda sodir bo'ladi. Surunkali yallig'lanish tanangizning etarli miqdorda qizil qon tanachalarini hosil qilish uchun zarur bo'lgan temirdan foydalanish qobiliyatiga ta'sir qilishi mumkin. Anemiya qizil qon tanachalari etarli bo'lmaganda sodir bo'ladi. Bilamizki anemiya etiologiyasi ham turlicha hisoblanadi , bulardan eng ko'p uchraydigani temir yetishmovchiligi anemiyasi hisoblanadi .

Kalit so'zlar: Anemiya , temir yetishmovchiligi , surunkali kasalliklar , autoimmun

Anemia of chronic disease happens when you have an autoimmune disease or other illness lasts longer than three months and that causes inflammation. (Providers may use the term anemia of inflammation or anemia of inflammation and chronic disease). Chronic inflammation can affect your body's ability to use iron needed to make enough red blood cells. Anemia happens when you don't have enough red blood cells. Most of the people who have anemia of chronic disease have a mild form of the condition. Healthcare providers treat anemia of chronic disease by treating the underlying condition. Like its name, anemia of chronic disease may affect anyone who has a chronic illness. Anyone who has a chronic illness may develop anemia of chronic disease. That said, most of the people who have this condition are age 65 and older. Studies indicate about 1 million people in the United States age 65 and older have anemia of chronic disease. Diseases that may cause anemia of chronic disease include:

- Cancer.
- Chronic kidney disease.
- Heart failure (congestive heart failure).
- Autoimmune diseases. These are diseases that attack your immune system instead of protecting it.

The following autoimmune diseases may cause anemia of chronic disease:

- Rheumatoid arthritis: chronic inflammation of joints.
- Systemic lupus erythematosus (or lupus): tissue damage from an immune system attack on your body.
- Vasculitis: an inflammation of blood vessels.
- Sarcoidosis: an inflammatory disease that commonly affects the lung and lymph glands, most likely caused by an abnormal immune response.

- Inflammatory bowel disease (Crohn's disease and ulcerative colitis), which affects the intestines.
- Irritable bowel syndrome (IBS).
- Any type of infection.

Anemia of chronic disease symptoms are like symptoms of iron-deficiency anemia. Not everyone who has anemia of chronic disease will notice symptoms. Some people may only notice symptoms when they're exercising. People who do have symptoms even when they aren't exercising may:

- Feel very tired or weak. They may feel too weak to manage their day-to-day activities.
- Feel short of breath.
- Notice their skin is more pale than usual.
- Feel sweaty for no reason.
- Feel dizzy or faint.
- Have headaches.

Any chronic disease that causes inflammation is likely to cause anemia of chronic disease. If you have a chronic disease, your disease may affect your red blood cells. These are blood cells carrying oxygen throughout your body.

Your bone marrow is constantly making new red blood cells to replace dying or damaged red blood cells. Most red blood cells live for about 120 days. A chronic disease may make red blood cells die sooner than usual or slow down red blood cell production. Here's how a chronic disease may change your red blood cells:

- Your body normally recycles the iron in old red blood cells to make new red blood cells. In anemia of chronic disease, a system of cells called macrophages traps the recycled iron. That means your body has less iron to help create new red blood cells.
- Anemia of chronic disease affects how your cells metabolize iron.

Healthcare providers evaluate several lab test results to diagnose anemia of chronic disease. Here's what your blood test may show:

- Your **hemoglobin** level. Hemoglobin gives red blood cells their color. The normal hemoglobin range is 12 to 17.4 grams per deciliter of blood. If your hemoglobin level is low, your provider may also check your erythropoietin (EPO) level. EPO is a hormone your kidneys make to help your bone marrow make red blood cells.
- Your serum iron level. Serum is a liquid part of blood. This test measures the amount of iron in your blood. The normal value range is 60 to 170 micrograms per deciliter of blood.
- Your reticulocyte count: Reticulocytes are immature red blood cells. A low reticulocyte count may mean your bone marrow isn't producing as many red blood cells as usual.
- Your iron-binding capacity. This test shows if you have too much or too little iron in your blood. The normal range for adults is 250 to 450 micrograms per deciliter of blood.
- Your serum ferritin level: Ferritin is a blood protein that contains iron. This test shows how much iron your body stores. Normal ferritin levels range from 20 to 200/500 nanograms per millimeter of blood.
- What can I expect if I have anemia of chronic disease?
- Many times providers successfully treat anemia of chronic disease by treating the underlying condition.
- A note from Cleveland Clinic
- If you have anemia of chronic disease, you're already dealing with a long-term illness with its own challenges. If that's your situation, you may feel exhausted because you have anemia and because anemia is one more medical condition that you need to manage. Fortunately, most cases of anemia of chronic disease have mild or moderate symptoms that clear up with treatment. Once you've completed treatment, you may want to ask your healthcare

provider about lifestyle changes —things like diet and exercise — that may help reduce your risk of developing another case of anemia of chronic disease.

Literature :

1. Poggiali E, Migone De Amicis M, Motta I. Anemia of chronic disease: a unique defect of iron recycling for many different chronic diseases. *Eur J Intern Med.* 2014;25:12–17. [[PubMed](#)] [[Google Scholar](#)]
2. Weiss G. Pathogenesis and treatment of anaemia of chronic disease. *Blood Rev.* 2002;16:87–96. [[PubMed](#)] [[Google Scholar](#)]
3. Weiss G, Goodnough LT. Anemia of chronic disease. *N Engl J Med.* 2005;352:1011–1023. [[PubMed](#)] [[Google Scholar](#)]
4. Means RT., Jr Recent developments in the anemia of chronic disease. *Curr Hematol Rep.* 2003;2:116–121. [[PubMed](#)] [[Google Scholar](#)]
5. Weiss G. Iron metabolism in the anemia of chronic disease. *Biochim Biophys Acta.* 2009;1790:682–693. [[PubMed](#)] [[Google Scholar](#)]
6. Weiss G, Goodnough LT. Anemia of chronic disease. *N Engl J Med.* 2005;352:1011–1023. [[PubMed](#)] [[Google Scholar](#)]
7. Nozimjon O'g'li, S. S., & Maksimovna, M. M. (2022). THE ORIGIN OF MIASTHENIA DISEASE AND METHODS USED IN TREATMENT. *Conferencea*, 31-33.
8. Nozimjon O'g'li, S. S., & Kasimjanovna, D. O. (2022, November). ORIGIN, PREVENTION OF MENINGITIS DISEASE, WAYS OF TRANSMISSION AND THE USE OF DIFFERENT ROUTES IN TREATMENT. In *E Conference Zone* (pp. 37-40).
9. Nozimjon O'g'li, S. S. (2022). CAUSES OF THE ORIGIN OF OSTEOCHONDROSIS, SYMPTOMS, DIAGNOSIS AND TREATMENT METHODS. *Conferencea*, 76-77.