THE IMPORTANCE OF IRON IN THE BLOOD FOR WOMEN'S HEALTH.

Sayfutdinova.Z.A., Yodgorova.K.P.,O'rmonbekov.U.I.
Tashkent Medical Academy

Iron is important in the human body.The human body contains 5-6 g of iron in total,of which 65-70% is in hemoglobin,about 20% is in myoglobin,10-15% is in reserve in the liver, spleen and buries.Only about 1% of its content is contained in heme-catching enzymes.

The body contains transferrin as well as ferritin proteins, which are important in iron metabolism.Transferrin is a glycoproteid whose function is to transport iron substance to tissues where iron accumulates and is consumed.Its concentration in the blood is 0.4 g/dl. In the intestine, iron is absorbed in the presence of a transferrin-like protein, and iron is transferred to transferrin in the blood.

And the task of ferritin is to stock up on the iron that transferrin protein transports.

Transferrin as well as ferritin are in the Fe +3 ion state.

When the body lacks iron, iron deficiency anemia occurs.

Methods. The clinical material for the study was carried out in January 2023 at the Tashkent City Center for Hemostasiology.In this, 138 women were taken from biochemical analyzes in the history of the disease.The age of patients is 95.65% of patients aged 19-39 ; 1.45% of patients aged 40-49; 2.17% of patients aged 50-69; and 0.72% of patients aged over 70.In this case, the amount of iron substance in biochemical analyzes was studied.

Results. The Iron norm is 6.6-27 mkml/L.

Iron deficiency anemia has been observed in 121(87.68%) patients in the norm,12(8.7%)patients in iron hemochromatosis,and 5 (3.62%) patients in iron deficiency anemia.

Conclusion. In conclusion, women with iron content in the norm make up the bulk of patients.

Bibliography.