

MODERN TREATMENT OF ANEMIA IN POSTPARTUM PERIOD

Veres I.A.

Belarusian Medical Academy of Post-Graduate Education, Department of Obstetrics and Gynecology, Minsk

There are several forms of anemia: anemia with low level of Fe, anemia with a low production of hem (thalassemia), low production of protein (sideroachrestic), anemia as a result of chronic inflammatory process. The most popular anemia is anemia with a low production of Fe. There are some reasons of anemia in postpartum period: a low level of Fe in diet, massive hemorrhage in labor, anemia as a result of chronic inflammatory process. By the way, there is one form of anemia during the pregnancy, when Fe goes to a baby and women has anemia. Clinical long-term experience shows that therapy with Fe not always effective in treatment of anemia. Path genetic treatment should be not only with preparation Macro energy production substances also stimulate metabolism and synthesis of hemoglobin. The most important trends of therapy of anemia are diet and medical treatment. In diet it is important to use food with high level of protein. Anemia with 1 level may be treated by tablets of Fe. Therapy with Fe has to be used for a long period (2-3 months) and high doses of Fe negative play on gastric system. It causes negative effects such as gastritis. The course of treatment is not fast and not always effective because of it's negative effects. Often we need to combine tablets and injections of Fe. There are 3 forms of anemia, with depends on the level of Hb: 1st – 110-90 g/l, 2nd – 90-70 g/l, 3d – less than 70 g/l.

Materials and methods.

Our study was to look low citoflavin influence to the treatment of anemia in postpartum period. Statistic methods were to determine M, m, criteria t.

In our study with used randomization in therapy. In our study we look for the level of Hb, er, Ht, MCH in blood. Our information was statistificaly true by 2 methods of Person and Fisher with $p < 0.05$.

We take a look for 60 women in postpartum period. The age was 18-37 years old.

The first symptoms of anemia (a low level of Hb, er) appeared in 28 weeks of their pregnancy in 56 % of all women. First symptoms of anemia appeared in 31-33 weeks of pregnancy in 44% of women. 43 women did not have anemia in their pregnancy at all.

We study 2 group of women in postpartum period. First main group (30 women) had got tablets of Fe (sorbifer) - one tablet 2 times a day every day and injections of citoflavin 10% - 10,0 intravenous one time a day for 6 days in the hospital. After hospital they got tablets of citoflavin (one tablet twice a day). Second group (30 women) had got only tablets of Fe (sorbifer) in the hospital (one tablet 2 times a day) and after hospital they continued therapy with Fe. We controlled level of Hb, er Ht, MCH in blood in the 1st, 7, 14, 28, 56 days of postpartum periods.

Results.

Before therapy all our patients with anemia of 1st level had the medium level of Hb $103 \pm 1,65$ g/l, Ht $33.2 \pm 1,35\%$, er $3,4 \pm 0,03 * 10^{12}/l$, MCH $27,5 \pm 0,57$ pg. All patients with anemia of 2nd level had the medium level of Hb $83,4 \pm 0,9$ g/l, er $3,2 \pm 0,02 * 10^{12}/l$, Ht $20,4 \pm 0,04\%$, MCH $25,5 \pm 0,43$ pg.

Women of first, main group (who got tablets Fe and citoflavin) with 1st level of anemia had got good analyses of Hb, Ht, MCH on the 2nd week of our therapy. That's why we stopped their became $125 \pm 1,5$ g/l, Ht $37,5 \pm 1,32\%$, er $4,2 \pm 0,08 * 10^{12}/l$, MCH $33,3 \pm 1,12$ pg. Therapy by tablets of Fe did not normalized level of Hb, Ht, er, MCH in second group after 2 weeks of traditional treatment, so women had continued therapy 1,5 month.

After injections of citoflavin among women with anemia 2nd level of Hb became $121 \pm 1,3$ g/l, er $3,9 \pm 0,03 * 10^{12}/l$, Ht $41,2 \pm 0,04\%$, MCH $31,3 \pm 1,2$ pg after 1 month. By the way after therapy with Fe among women with anemia 2nd level of Hb became $107 \pm 1,4$ g/l, er $3,7 \pm 0,2 * 10^{12}/l$, Ht $32,7 \pm 0,06\%$, MCH $2,9 \pm 1,19$ pg after 2 month.

So we can recommend citoflavin to treat anemia with 1st and 2nd level in postpartum because it helps to correct the level of Hb, Ht, er, MCH in blood and clinically effective.

ЛИТЕРАТУРА

1. Сборник научных тезисов и статей «Здоровье и образование в XXI веке», Москва, 2011. Т.13.
2. Сборник научных тезисов и статей «Здоровье и образование в XXI веке», Москва, 2010. Т.12.
3. Сборник научных тезисов и статей «Здоровье и образование в XXI веке», Москва, 2009. Т.11.
4. Сборник научных тезисов и статей «Здоровье и образование в XXI веке», Москва, 2008. Т.10.
5. Сборник научных тезисов и статей «Здоровье и образование в XXI веке», Москва, 2007. Т.9.
6. Сборник научных тезисов и статей «Здоровье и образование в XXI веке», Москва, 2006. Т.8.
7. Сборник научных тезисов и статей «Здоровье и образование в XXI веке», Москва, 2005. Т.7.
8. Сборник научных тезисов и статей «Здоровье и образование в XXI веке», Москва, 2004. Т.6.
9. Сборник научных тезисов и статей «Здоровье и образование в XXI веке», Москва, 2003. Т.5.
10. Сборник научных тезисов и статей «Здоровье и образование в XXI веке», Москва, 2002г. . Т.4.
11. Сборник научных тезисов и статей «Здоровье и образование в XXI веке», Москва, 2001г. . Т.3.
12. Сборник научных тезисов и статей «Здоровье и образование в XXI веке», Москва, 2000г. . Т.2.
13. Электронный сборник научных трудов «Здоровье и образование в XXI веке». 2011. Т.13.
14. Электронный сборник научных трудов «Здоровье и образование в XXI веке». 2010. Т.12.
15. Электронный сборник научных трудов «Здоровье и образование в XXI веке». 2009. Т.11.
16. Электронный сборник научных трудов «Здоровье и образование в XXI веке». 2008. Т.10.

17. Электронный сборник научных трудов «Здоровье и образование в XXI веке». 2007. Т.9.
18. Электронный сборник научных трудов «Здоровье и образование в XXI веке». 2006. Т.8.
19. Электронный сборник научных трудов «Здоровье и образование в XXI веке». 2005. Т.7.
20. Электронный сборник научных трудов «Здоровье и образование в XXI веке». 2004. Т.6.
21. Электронный сборник научных трудов «Здоровье и образование в XXI веке». 2003. Т.5.
22. Электронный сборник научных трудов «Здоровье и образование в XXI веке». 2002. Т.4.
23. Электронный сборник научных трудов «Здоровье и образование в XXI веке». 2001. Т.3.
24. Электронный сборник научных трудов «Здоровье и образование в XXI веке». 2001. Т.2.