

## **PREVENTION OF ANEMIA, WHICH OCCURS TODAY IN BEARS AND CHILDREN.**

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**Annotation:** This article examines the occurrence and prevention of anemia in both bears and children, highlighting similarities and differences in physiological responses to iron deficiency. Anemia remains a prevalent global health concern in humans, particularly children, due to nutritional deficiencies. Meanwhile, anemia in captive or malnourished bears has been observed, often linked to diet and habitat conditions. This study explores preventive measures that can be applied in both cases, including dietary improvements and supplementation. Additionally, the article discusses potential strategies for anemia prevention through public health initiatives and conservation efforts.

**Keywords:** Anemia, prevention, bears, children, iron deficiency, nutrition, public health, conservation.

Anemia is a condition characterized by a reduced number of red blood cells or hemoglobin levels, leading to impaired oxygen transport in the body. It affects millions of children worldwide and is a major cause of morbidity, especially in low-income regions. In wildlife, particularly captive animals such as bears, anemia can also occur, usually due to poor nutrition or inadequate care. This article aims to explore the prevention of anemia, drawing parallels between its occurrence in children and bears, and addressing the importance of balanced nutrition and supplementation in mitigating this condition.

To explore preventive measures for anemia in children and bears, this study reviewed various scientific articles, case studies, and reports related to the causes, symptoms, and treatments of anemia in both species. Nutritional strategies, public health interventions, and conservation methods were also examined to develop effective prevention approaches.

Preventing anemia, especially in vulnerable populations like children, involves addressing key factors related to diet, health, and overall care. Here's a breakdown of approaches for preventing anemia in both children and, for an interesting touch, bears (as a hypothetical example in wildlife care).

**Prevention of Anemia in Children:**

**Adequate Iron Intake:**

- Iron-rich foods: Ensure that children consume foods rich in iron. These include red meat, poultry, fish, beans, lentils, tofu, spinach, and iron-fortified cereals.

- Iron supplements: In cases of iron deficiency or anemia, healthcare providers might recommend iron supplements.

**Vitamin C for Better Absorption:**

- Vitamin C-rich foods like citrus fruits, tomatoes, and bell peppers can enhance the absorption of iron. Including these in meals alongside iron-rich foods can help.

**Breastfeeding:**

- For infants, breastfeeding provides necessary nutrients, including iron, that help prevent early anemia. After six months, complementary foods rich in iron should be introduced.

**Routine Checkups:**

- Regular screening for anemia during pediatric visits helps detect iron deficiency early, especially in children at risk (e.g., premature infants, those with low birth weight).



#### Preventing Parasites:

- Deworming and maintaining good hygiene practices can help prevent infections like hookworms, which can cause blood loss and lead to anemia.

#### Folic Acid and Vitamin B12:

- These nutrients are vital for red blood cell production. Including foods like leafy greens, eggs, and dairy ensures a sufficient intake.

#### Prevention of Anemia in Bears (Hypothetical):

In wildlife, especially in bears, anemia could occur due to poor nutrition or parasitic infections, particularly in captive or rehabilitated animals. Preventive measures may include:

#### Proper Nutrition:

- Ensure bears have access to a diet rich in iron and other nutrients vital for red blood cell production, like meat and plants.

#### Parasitic Control:

- Bears in captivity or rehabilitation centers should be regularly checked for parasites that could cause anemia due to blood loss.

#### Monitoring Health:

- Routine health checkups, including blood tests, can help identify early signs of anemia in wildlife. Proper care and adjustments in diet or medical treatment can be provided.

In both cases, prevention is centered around ensuring proper nutrition, early detection, and addressing underlying health issues.

The prevention of anemia in both bears and children hinges on understanding the underlying causes of iron deficiency and addressing them through nutrition and supplementation. In humans, cultural and socio-economic factors play a significant role in dietary choices, whereas in captive bears, the responsibility falls on caretakers and zookeepers to provide a balanced diet. Collaborative efforts between nutritionists, veterinarians, and public health professionals are essential in addressing this condition in both populations.

An important consideration is the role of education and awareness. In children, mothers and caregivers must be informed about the importance of iron in the diet, while zookeepers and wildlife rehabilitators need training on proper animal nutrition. Additionally, both fields benefit from routine screenings, either through public health clinics for children or veterinary services for bears.

### **Conclusions**

Anemia is a preventable condition that, when left untreated, can lead to severe health complications. Preventive strategies for children include improving dietary habits, increasing access to iron supplements, and raising awareness through public health campaigns. In bears, anemia can be prevented by providing a diet rich in natural iron sources and ensuring proper veterinary care. In both cases, routine screenings play a critical role in early detection and treatment.

- For Children: Governments and health organizations should focus on improving maternal education on nutrition, fortifying staple foods with iron, and conducting widespread anemia screenings in schools.

- For Bears: Zoos and wildlife rehabilitation centers should enhance nutrition plans to include natural sources of iron, conduct regular health check-ups, and train staff on anemia prevention. By implementing these recommendations, both children and captive bears can lead healthier lives, free from the detrimental effects of anemia.

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