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Anemia in Women of Reproductive Age in Current Clinical Practice and Effectiveness of Iron Fumarate Combined with Folate

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ABSTRACT

Iron deficiency anemia (IDA) and latent iron deficiency are common. The article describes the mechanisms of development, diagnostic criteria, the clinical presentation of the IDA. The current options for treating anemia with oral iron supplements and their indications, effectiveness and safety criteria.

Aim: To analyze and prove the effectiveness of iron fumarate combined with folate for treating and preventing iron deficiency in women of reproductive age.

Materials and methods: Sixty women aged 18-47 with mild to moderate iron deficiency were examined. All patients received of iron fumarate (equivalent to 150 mg of elemental iron) combined with 1500 mcg of folic acid for 21-42 days. Hemoglobin, ferritin, serum iron, and erythrocyte indices were measured.

Results: In most patients, recovery from anemia was observed: an increase in hemoglobin by 27–32% and ferritin by a mean of 35%, i.e., 1.67 times compared with alternative iron therapy (iron sulfate and gluconate). The rate of side effects was less than 4%.

Conclusion: Co-administration of iron fumarate with folic acid has been shown to increase the therapeutic efficacy and has a high safety profile in patients with IDA (especially in pregnant women requiring additional folate supplements).

Keywords: Iron deficiency anemia, Latent iron deficiency, Diagnosis, Iron overload, Treatment, Iron fumarate, Folic acid

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