

DETERMINATION OF THE RELATIONSHIP BETWEEN THE DEGREE OF ANEMIA IN PATIENTS WITH CHRONIC HEART FAILURE

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ABSTRACT

Chronic heart failure is a disease associated with a lack of oxygen and nutrients that the body is supplied with during the activity of the cardiovascular system. A healthy heart can easily cope with this difficult task by regulating the flow of blood depending on the intensity of physical activity. But if any problems arise in the work of the heart, then the organs and tissues do not receive the amount of oxygen they need, which, in turn, leads to various complications and even deaths. An important task is the timely detection and treatment of conditions that exacerbate the severity of heart failure, namely anemia. Many patients with heart failure are diagnosed with anemia, and in such cases, it aggravates the severity of heart failure and can cause its progression. A decrease in the patient's hemoglobin level worsens the prognosis of heart failure.

Purpose of the study. Determine the degree of development of anemia in patients with chronic heart failure (CHF) and identify changes in blood tests.

Materials and research methods. The case histories of 62 treated patients were studied in the departments of cardiology and hematology of the Regional Multidisciplinary Medical Center of the city of Bukhara. Among patients, 35 (56.4%) were women 27, (43.5%) men. The average age of patients is 51.3 years.

Results and its discussion. According to the anamnesis in stationary maps, it was found that 20 (32.2%) patients suffer from anemia for many years. In 17 (27.4%) arterial hypertension, frequent attacks of angina pectoris. And in 25 (40.3%) patients, heart failure and anemia developed simultaneously. The results of blood tests of patients: in 10 (16.1%) - mild anemia (average hemoglobin 98.9 g / l), 34 (62%) average anemia (hemoglobin 75.2 g / l) and 18 (29 %) patients with severe anemia (hemoglobin 65.3 g / l). When studying the morphology of red blood cells, 41 patients (66.1%) found normochromic anemia, 5 (8%) hyperchromic anemia, and 16 (25.8%) hypochromic anemia.

Conclusions. Anemia that develops in heart failure in most cases is normochromic. Severe anemia contributes to the development of chronic heart failure, and CHF, in turn, to the development of normochromic anemia. Thus, we can conclude that in order to improve the condition of a patient with heart failure, it is necessary to correct anemia, which can be a very useful additional treatment for patients with heart failure with concomitant anemia. This favorably affects the course of heart failure in patients and significantly improves the prognosis.

