

## ADVANTAGES OF COMPLEX ORAL TREATMENT OF ANEMIA IN PREGNANT WOMEN WITH PREPARATIONS OF FERROUS IRON

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In many countries of the world, iron deficiency anaemia, due to its high frequency of occurrence, is among some important medical and social problems. This haematological pathology significantly disrupts the condition of patients and causes functional changes in the organs and systems of both children and adults. Anaemia is of particular importance in pregnant women, where it acts as a common complication of pregnancy. According to the WHO, its frequency in pregnant women ranges 31-80%, significantly exceeding such indicators among the rest of the population of the respective countries. Moreover, adequate treatment is of particular importance among pregnant women who are at high risk of developing concomitant extragenital pathology. Due to the effect of their mutual burdening.

**Aim.** To assess the efficacy and tolerability of ferrous iron preparations for oral administration, and analysis of their clinical and pharmacological action was carried out in pregnant women with iron deficiency anaemia in an antenatal clinic.

**Materials and methods.** A clinical assessment was carried out of 35 pregnant women who were registered in the antenatal clinic of the polyclinic department of the University Clinic of the Kharkiv National Medical University and had complications in the form of anaemia of pregnant women. The medications taken were determined by the preparations of ferrous iron: "Sorbifer Durules" - a combined preparation of iron and ascorbic acid and "Gyno-Tardyferon" - a complex preparation of iron with prolonged action, which helps to reduce the deficiency of iron and folic acid.

**Results and its discussion.** The study showed that the preparations used significantly increased the level of iron in the blood, and also contributed to more prolonged maintenance of the concentration of iron in the blood serum. The best ratio of efficacy and tolerance according to controlled indicators was noted for Gyno-Tardyferon. Mild side effects that did not require treatment correction were noted in only 16.7% of patients. Fewer side reactions were significant compared to monocomponent ferrous iron preparations, which ensured their good tolerance. As a result of treatment, 29 pregnant women showed a significant increase in the level of haemoglobin in the clinical analysis of blood and an increase in the level of ferritin.

**Conclusions.** The significant content of ferrous iron in the preparations used, their high therapeutic efficacy and good tolerance with minimal adverse reactions make it possible to recommend them from the point of view of evidence-based medicine standards for the treatment of anaemia of pregnant women in outpatient settings. The clinical and pharmacological action of preparations containing bivalent iron and recommended by the Ministry of Health of Ukraine has significant pharmacodynamic efficacy, lower frequency of adverse reactions and have advantages over other dosage forms.