



# BOOK OF ABSTRACTS

*XXI Congress of the Doctors of the  
Republic of North Macedonia*

*With International Participation*



*Macedonian Medical  
Association*

*Македонско Лекарско  
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Holiday Inn Skopje  
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**XXI КОНГРЕС НА ЛЕКАРИТЕ**  
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МЕЃУНАРОДНО УЧЕСТВО  
**XXI CONGRESS OF THE DOCTORS**  
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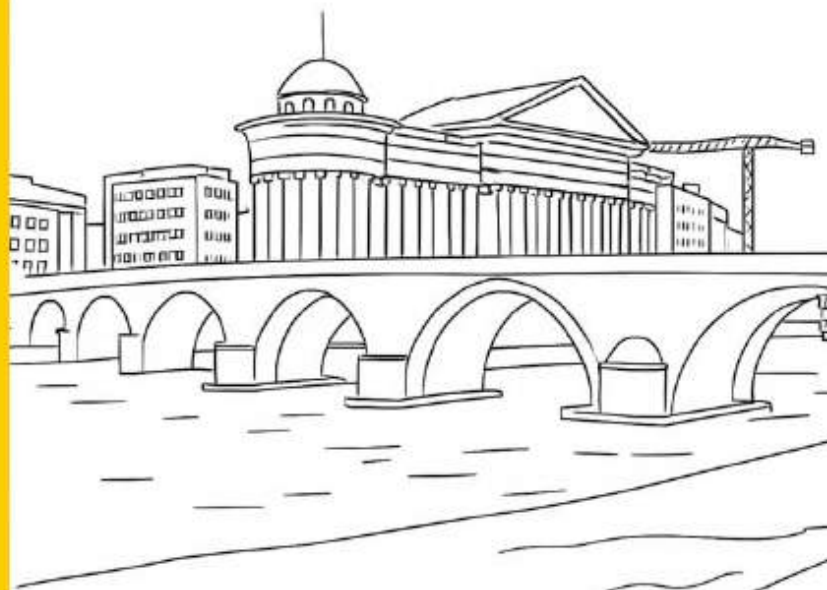
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## ANEMIA IN PREGNANCY AND RISK FACTORS

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**Introduction:** During pregnancy, there is a "dilution" of hemoglobin concentration due to the increase in plasma volume. Iron and folic acid are necessary for the development of the fetus and are transported to it, so the mother can develop anemia due to their deficiency. Anemia affects 36% of pregnant women worldwide. Of those affected, about 40% are due to iron deficiency. Iron is an essential micronutrient involved in vital processes such as erythropoiesis, immune responses, and during pregnancy in the development of the placenta and fetus. The aim of our research was to determine the prevalence of anemia in pregnancy as well as the influence of certain risk factors: age, body mass index - BMI, parity and history of taking iron supplements.

**Material and methods:** A blood count was performed in 100 patients in the third trimester of pregnancy in order to determine the hemoglobin concentration. The patients' body weight and height (to determine BMI) were measured and data were collected about age, number of previous births, and whether they were taking iron supplements.

**Results:** Anemia (hemoglobin level below 110g/L) was present in 42.1% of pregnant women. Anemia was significantly common in women with  $\geq 3$  births and in those not taking iron supplements. Statistically insignificant anemia was more common in women under 25 years of age and in those with a BMI below 20.

**Conclusion:** The results of the study showed the importance of regular controls of hemoglobin levels as well as the significance of iron supplementation during pregnancy, when the needs for this element are significantly higher.

**Keywords:** anemia, pregnancy, hemoglobin, risk factors