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## *Vitamins and trace elements in gynaecology*

### Iron deficiency



Women are particularly at risk of developing iron deficiency or anemia. In the majority of women at childbearing age, iron storage tanks are not sufficiently filled and between 10 and 30% suffer from iron deficiency.

This is mainly due to the regular loss of blood due to menstruation, but often also to the nutritional behavior.

**Iron deficiency can affect the whole body:**

- on the **central nervous system** (dizziness, headache, depression, diminishing performance, difficulty concentrating and "restless legs").
- **anaemia** (cardiac arrhythmias, palpitations,

shortness of breath, fatigue, exhaustion or fatigue).

- on **skin, hair and nails** (paleness, torn corners of the mouth, regression of mucous membranes or brittle nails).
- **menstrual disorders**, loss of **libido**.
- on the **immune system** due to infectious diseases.

### Vitamin B12 deficiency

Vitamin B12 deficiency is particularly common in meatless diets and in people with gastrointestinal tract disorders.

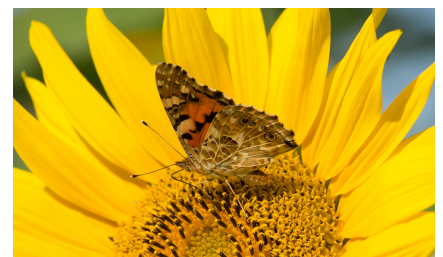
Vitamin B12 is involved in numerous processes in the body. Among the most important are the reproduction of genetic information, **cell regeneration**, **blood formation** and energy production in the power plants of the cells.

**The most well-known symptoms of pronounced vitamin B12 deficiency are fatigue and pallor, which is caused by a par-**

**ticular form of anemia. Other effects include:**

- Feelings of discomfort such as tongue burning, tingling on hands, feet and limbs.
- Loss of appetite and weight loss.
- Depression.
- menstrual bleeding disorders.

### Vitamin D deficiency



**Vitamin D is essential for maintaining bone density, has a protective effect against cancer (breast, intestine and prostate) through immunomodulation, prevents rheumatism, susceptibility to infection, arterial calcification, unfulfilled desire to have children and prevents diabetes.**