

عنوان مقاله:

Comparison of Serum Iron, Zinc, and Selenium Levels in Premenopausal and Postmenopausal Women in Ekpoma, Nigeria: A Descriptive Study

محل انتشار:

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خلاصه مقاله:

Background: Estrogen deficiency following menopause creates an imbalance in plasma micronutrient resulting in several degenerative pathological conditions, including hypertension, cardiovascular disease, osteoporosis, etc. Objectives: The present study was designed to compare zinc (Zn), iron (Fe), and selenium (Se) concentrations between premenopausal and postmenopausal women. Methods: In this descriptive study a total of ۲۰۰ participants were classified into two groups of postmenopausal (age range: ۴۶-۷۵ years, served as experimental) and premenopausal (age range: ۳۰-۴۵ years, served as control). Each group consisted of ۱۰۰ subjects. After obtaining informed consent from all participants, blood samples were collected from the antecubital fossa vein of each participant by venipuncture. The concentrations of Fe, Zn, and Se in each blood sample were determined using Atomic Absorption Spectrophotometer. Results: No significant difference ($P > 0.05$) was observed in serum Fe ($114.24 \pm 26.79 \mu\text{g/dL}$), Zn ($13.11 \pm 20.45 \mu\text{g/dL}$), and Se ($41.99 \pm 9.78 \mu\text{g/dL}$) levels between the control and experimental groups. However, serum Fe and Zn showed progressive significant ($P = 0.04$, 0.03 , respectively) increase with increasing postmenopausal age. Conversely, serum Se concentration decreased significantly ($P = 0.03$) with increasing menopausal age. Conclusion: Although no significant difference was observed in serum levels of Fe, Zn, and Se between pre- and post-menopausal women, the progressive significant increase in the serum Fe and Zn levels as well as significant decrease in serum Se level with advancing post-menopausal age portend a great risk

کلمات کلیدی:

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