

عنوان مقاله:

Comparison of serum zinc concentrations and body antioxidant status between young women with premenstrual syndrome and normal controls: A case-control study

محل انتشار:

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خلاصه مقاله:

Background: Premenstrual syndrome (PMS) is one of the important health problems with high incidence in young women. The exact cause of this syndrome is not clear and some theories have been declared from hormonal factors to nutritional disorders. **Objective:** We investigated the correlation between serum zinc and antioxidant status with PMS. **Materials and Methods:** In this case-control study, forty eight young girls were selected from a total sample of 110 students residing at university dormitories including PMS (n=23) and healthy (n=25) groups based on PMS questionnaire. Dietary intake questionnaire and blood samples were collected from all participants. Serum total antioxidant capacity (TAC) and zinc concentrations were also measured. **Results:** Serum TAC and zinc concentrations were lower in PMS patients compared with healthy groups ($p<0.01$ and $p<0.05$, respectively). Healthy controls consumed lower servings of hydrogenated oils ($p<0.05$). There were significant differences in terms of muscle mass between the PMS and healthy groups ($p<0.05$). Both serum TAC and zinc levels were negatively correlated to PMS scores ($r=-0.39$, $p<0.05$ and $r=-0.36$; $p<0.05$, respectively). **Conclusion:** This study shows that higher TAC and zinc serum levels are associated with lower risk of PMS. PMS cases have more hydrogenated oils than their normal counterparts.

کلمات کلیدی:

Premenstrual syndrome, Total antioxidant capacity, Serum zinc concentrations, Young women

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