

## عنوان مقاله:

DIETARY TOTAL ANTIOXIDANT CAPACITY IS INVERSELY RELATED TO MENOPAUSAL SYMPTOMS: A CROSS-SECTIONAL STUDY AMONG POSTMENOPAUSAL WOMEN

## محل انتشار:

سومین کنگره بین المللی و پانزدهمین کنگره تغذیه ایران (سال: 1397)

تعداد صفحات اصل مقاله: 2

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## خلاصه مقاله:

**Background and Aim:** The aim of this study was investigate the association between dietary total antioxidant capacity (DTAC) and menopausal symptoms (MS) in postmenopausal women. **Methods:** This cross-sectional study was carried out on 400 postmenopausal women who referred to municipality health houses and health centers in south of Tehran, Iran. Data on general characteristics and anthropometry including body weight, height, and waist circumference (WC) were measured. Dietary intake and MS were measured using a 147-item validated food frequency questionnaire and Menopause Rating Scale (MRS) questionnaire, respectively. The USDA database was used to calculate the DTAC. **Results:** Multivariable linear regression analyses exhibited that DTAC was inversely associated with total MRS score, somatic and psychological symptoms, and adjustment for confounding variables such as age, education, WC, total physical activity, dietary intake of fiber, tea and coffee, total energy intake and dietary supplement use, did not changed this association ( $P < 0.001$ ). Moreover, in logistic regression, a negative association was observed between the MS and DTAC which was independent of confounding variables ( $P$  for trend = 0.002). In logistic regression, it was observed that higher DTAC was associated with reduction in hot flashes and sweating, sleeping problems, anxiety, exhaustion and difficulty concentrating. However, a significant positive relationship was observed between DTAC and sexual problems. **Conclusion:** These finding imply that DTAC could be used as an important basis for developing effective dietary strategy for alleviating the MS.

## کلمات کلیدی:

Dietary total antioxidant capacity; Antioxidant; Menopausal symptoms; Hot flashes; Menopause

## لینک ثابت مقاله در پایگاه سیویلیکا:

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