

عنوان مقاله:

THE ASSOCIATION BETWEEN CALCIUM AND VITAMIN D INTAKE AND BONE MINERAL DENSITY IN B
THALASSEMIA MAJOR PATIENTS

محل انتشار:

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

تعداد صفحات اصل مقاله: 1

نویسندگان:

Zohreh Sajadi Hezaveh

Zohreh Sajadi Hezaveh - *Student Research Committee, Department of Nutrition, School of Health, Iran University of Medical Sciences, Tehran, Iran*

Farzad Shidfar - *Department of Nutrition, School of Health, Iran University of Medical Sciences, Tehran, Iran*

خلاصه مقاله:

Background and Aim: Thalassemia is a hereditary anemia with high prevalence in Iran. Reduction in bone density and the occurrence of osteoporosis in thalassemia major patients due to the iron overload, caused by constant blood transfusion and the use of iron chelators, is inevitable. Our aim is to determine the status of calcium and vitamin D intake and its effect on bone density in these patients. **Methods:** 84 β -thalassemia major males and females who met our inclusion criteria were recruited in this study. Demographic characteristics and dietary intake of the last year were evaluated using personal information and food frequency questionnaire respectively, and bone mineral density was measured using DXA densitometry. Data were analyzed using SPSS 21. **Results:** The intake of calcium and vitamin D in thalassemia patients was lower than the recommended standard values. In addition, there was a significant correlation between bone mineral density and dietary intake of calcium and vitamin D, so as the less they received these two micronutrients, the lower bone mineral density they had. **Conclusion:** Although several factors contribute to the osteoporosis and the reduction of bone mineral density in patients with β thalassemia major, the importance of nutritional status and food consumption is undeniable as it is changeable and more cost-effective, and with proper interventions, including teaching healthy eating to the patients and administration of calcium and vitamin D supplements, the severity of these bone complications can be delayed or reduced.

کلمات کلیدی:

β Thalassemia Major, Diet, Bone, Calcium, Vitamin D

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