

عنوان مقاله:

Comparison of serum level of some trace elements and vitamin D between patients with premenstrual syndrome and normal controls: A cross-sectional study

محل انتشار:

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خلاصه مقاله:

Background: Premenstrual syndrome (PMS) is a common problem among women and is identified by reversal emotional, psychological, and physical signs during the luteal phase. These signs, however, lower down in the follicular phase. The cause of PMS isn't very well-known up to now. Control group and many researchers have suggested that mineral compounds and vitamins can inhibit these symptoms. Objective: The objective of this study is to compare the serum level of some trace elements and vitamin D between normal controls and patients with PMS. Materials and Methods: 300 female students (19–21 yr old) from Falavarjan County were randomly selected and asked to complete a standard questionnaire on PMS during three menstruation cycles. The students were divided into two groups: healthy persons (control) and PMS persons, and PMS was determined on the basis of the answers to the questionnaire. Thereafter, the serum concentrations of zinc, iron, calcium, magnesium, potassium, sodium, and Vitamin D3 were measured and compared between the two groups. Results: Our results showed that the PMS prevalence was about 41.5%. The level of vitamin D decreased in both the control and PMS groups, with a significantly lower range of vitamin D ($p < 0.05$) in the PMS group. Other factors had no significant change between the two groups. Conclusion: Vitamin D deficiency was probably one of the most important causes of unpleasant symptoms of PMS between these students

کلمات کلیدی:

.Premenstrual syndrome, Trace elements, Vitamin D

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