

عنوان مقاله:

The association of food consumption and nutrient intake with endometriosis risk in Iranian women: A case-control study

محل انتشار:

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خلاصه مقاله:

Background: Endometriosis, defined as the attendance of endometrial-like lesions in extra uterine locations, causes pain, infertility, and reduced quality of life. **Objective:** To evaluate the relationship between food consumption and nutrient intake with risk of endometriosis. **Materials and Methods:** Of the 156 women approached for the study, 78 women had endometriosis and 78 healthy women were included in the control group. Dietary data were collected using a validated 147-item semi-quantitative Food Frequency Questionnaire (FFQ) with the standard serving size. A logistic regression model was used to determine the association of macronutrients and energy intake with the risk of endometriosis. **Results:** In women with higher intake of protein, especially animal protein, monounsaturated fatty acids, soluble and insoluble fiber, oleic acid, eicosapentaenoic acid, and docosahexaenoic acid endometriosis is less common ($p < 0.05$). High consumption of vegetables, fruits, red meat, yellow vegetables, potatoes, legumes, dairy products, liquid oil, and low intake of fried potatoes was associated with a lower risk of endometriosis ($p < 0.05$). **Conclusion:** Regarding the association of dietary intake on endometriosis risk, counseling about improving the dietary structure can contribute toward the prevention and control of endometriosis.

کلمات کلیدی:

Endometriosis, Macronutrient, Diet, Case-control study

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