

A Study of trace elements (Copper, Zinc and Iron) status in anaemic pregnant women in Waghodia, Vadodara

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Abstract: *Aim of this study was to evaluate the trace elements (Copper, Zinc and Iron) status in anaemic pregnant women. This was a cross sectional study that comprised of 80 individuals of which 40 were cases and 40 healthy controls. On the basis of clinical history, laboratory investigation and other demographic parameter by pre-tested semi structured questionnaire diagnosis of anaemia was made in pregnant cases. Serum Copper, Zinc and Iron were measured in all the individuals. Levels of S. Copper were significantly higher [median: 251.44µg/dl Vs. 180.55µg/dl], S. Zinc [median:33.33µg/dl Vs. 48.87µg/dl] and S. Iron [median: 30.94µg/dl vs.52.62µg/dl] were significantly lower in anaemic pregnant women as compared to non-anaemic pregnant women respectively. While correlating with haemoglobin S. Copper showed moderate negative correlation; S. Zinc showed mild positive correlation and S. Iron showed moderate positive correlation. It was concluded that evaluation of trace elements may be useful tools for risk micronutrients deficiency during pregnancy and can be used together with better accuracy diagnosis of nutritional anaemia.*

Key Words: *Anaemia, pregnancy, trace elements (Copper, Zinc and Iron).* [For Full Article Click Here](#)