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### Vitamin B12 and Serum Mineral Levels in Children with Enterobius vermicularis Infection

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#### Abstract:

Background: Intestinal parasitic infections are widespread in the general populations and enterobiasis is one of the most common parasitic diseases in the world. The aim of this study was to investigate the correlation between parasitic infection of Enterobius vermicularis and the absorbing levels of vitamin B12 and the minerals such as copper, zinc, and magnesium. Methods: Nine hundred sixty eight stool samples and cello-tape anal swabs were collected from 3- 6 year old children in Tehran. From the whole population, 60 children were chosen for case group who had only E. vermicularis infection. Also 30 children without parasitic infection were chosen as the control group. Both groups had no record of serum shortage of mentioned factors and malnutrition. Amount of copper, zinc and magnesium along with vitamin B12 were measured in both groups. Results: Comparison of the case and control groups showed a significant difference in serum mineral levels and vitamin B12 in patients and control groups ( $P < 0.001$ ). Conclusion: Early detection and treatment of intestinal parasitic infection could avoid these serum mineral and vitamin B12 deficiencies.

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