








Research



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Serum concentration of Selenium in healthy individuals living in Tehran

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Abstract

Objective

To investigate whether daily diet provides adequate selenium intake in healthy men and women living in Tehran, Iran.

Method

Serum level of selenium was determined in 184 healthy individuals of both genders. The samples were divided into two age groups, adults and children, for analysis. The serum level of selenium was determined using hydride generation and flame atomic absorption spectroscopy.

Results

The mean and standard deviation of serum selenium levels in children (1–16 years) was $84.3 \pm 11 \mu\text{g/l}$ and there was no significant difference between genders in this group. In adults (older than 16 years) the mean serum selenium level was $100.6 \pm 13 \text{ SD } \mu\text{g/l}$; among women the mean was $93.9 \pm 14 \text{ SD } \mu\text{g/l}$ and among men it was $102.2 \pm 12 \text{ SD } \mu\text{g/l}$. The mean selenium level in men was higher than in women and data analysis showed a significant difference between them ($p < 0.005$). There was also a positive correlation between higher selenium serum concentration and age in men ($P < 0.001$). Daily intake of selenium in men and women was calculated to be $67 \mu\text{g}$ and $62.1 \mu\text{g}$ respectively.

Conclusion

Our results show that the serum concentration of selenium in an Iranian population is similar to other nationalities in the Middle East, particularly Saudi Arabia.

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