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Clinical Standard Value for Diagnosis of Zinc Deficiency by the Serum Zinc Value on the Basis of Evidence

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Abstract:

1. In Japan, patients with taste disorder as a primary symptom of zinc deficiency are increasing.
2. The incidence of taste disorder due to diet (insufficient intake of zinc) is especially high. The serum zinc value in patients with taste disorder due to diet was 20 μ g/dl (in many cases mean value is 60-79 μ g/dl) lower than the healthy group, but the half cases remained in more than 80 μ g/dl.
3. The efficacy of oral administration of zinc in patients with taste disorder due to diet did not correlate with the zinc value before this therapy, but about 85%.
4. Increasing rate of serum zinc values after the oral zinc therapy in patients with taste disorder due to diet was significantly high more than the placebo group. Lower serum zinc values in the patients were more effective. Correlate with the amount of oral administration of zinc.
5. We would like to propose 80 μ g/dl as the diagnosis value(cutoff value) of zinc deficiency, referring to the above results and the conclusion of the Yokoi's study(Association between plasma zinc concentrations and zinc kinetic parameters in premenopausal women).



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