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Changes due to ageing in the concentrations of trace elements in the whole blood that assist with the process of antioxidation

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Abstract:

Seven elements, Co, Cr, Cu, Mn, Ni, Se, and Zn, in the whole blood of a total of 94 healthy individuals (36 males and 58 females), ranging from 30 to 79 years of age, were measured by the coupled plasma-mass spectrometer (ICP-MS) method. Gender differences were found only in Cu (p < 0.05). By age bracket, low values were measured for Cu in the 70s, Co in the 60-70s, Cr, Ni and Se in the 60s, Zn in the 40s, and Mn in the 30s and 60s. These results reveal that there is a trend for many elements that are involved in antioxidation, except for Zn, to decrease with ageing.

Key words: whole blood, trace elements, ageing, antioxidation

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