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عنوان:

ارتباط الگوهای غذایی و فعالیت بدنی با ناباروری تخمدانی در زنان مراجعه

کننده به کلینیک های ناباروری شهر اصفهان

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چکیده

مقدمه: مطالعات اندکی در زمینه ارتباط بین الگوهای غذایی با ناباروری موجود است. مطالعات قبلی به بررسی ارتباط مواد غذایی و مواد مغذی با ناباروری در جوامع غربی و کشورهای توسعه یافته پرداخته اند. هدف: هدف از مطالعه حاضر بررسی ارتباط بین الگوهای غذایی و فعالیت فیزیکی با ناباروری تخمدانی در زنان مراجعه کننده به کلینیک های ناباروری شهر اصفهان می باشد.

روش ها: در این مطالعه مورد شاهدی ۱۶۷ زن نابارور مبتلا به سندرم تخمدان پلی کیستیک و ۲۵۱ نفر به عنوان شاهد مورد بررسی قرار گرفتند. افراد به روش نمونه گیری غیرتصادفی انتخاب و گروه شاهد از نظر سن با افراد بیمار همسان سازی شدند. تشخیص نازایی ناشی از سندرم تخمدان پلی کیستیک براساس معیارهای روتردام سال ۲۰۰۳ توسط متخصص زنان و زایمان انجام گرفت. دریافت های غذایی معمول افراد در طی سال گذشته با استفاده از پرسشنامه نیمه کمی تکرر مصرف خوراک ۱۶۸-آیتمی معتبر ارزیابی شد. الگوهای غذایی غالب با استفاده از روش تحلیل عاملی بررسی شد.

یافته ها: دو الگوی غذایی غالب با نام های الگوی غذایی غربی و الگوی غذایی سالم به دست آمد. افراد بیمار در مقایسه با گروه شاهد به طور معنی داری دارای اضافه وزن و چاقی شکمی بودند ($p=0.00$). تفاوت معنی داری بین انرژی دریافتی، مواد مغذی و فیبر دریافتی بین دو گروه مشاهده نشد. کاهش پیروی از الگوی غذایی غربی با کاهش ۳۹٪ ناباروری تخمدانی همراه بود ($p=0.01$ ، $OR=0.61$ ؛ $95\% CI: 0.41-0.91$). پس از تعدیل بیشتر برای انرژی دریافتی و درشت مغذی ها، ارتباط بین الگوی غذایی غربی و ناباروری به صورت حاشیه ای معنی دار بود ($p=0.07$). ارتباط معنی داری بین الگوی غذایی سالم با ناباروری تخمدانی مشاهده نشد ($p=0.45$).

نتیجه گیری: یافته های این مطالعه نشان می دهد که رابطه مثبت معنی داری به صورت حاشیه ای بین پیروی از الگوی غذایی غربی و ناباروری تخمدانی وجود دارد. مطالعات آینده نگر بیشتری برای تایید این یافته ها مورد نیاز است.

لغات کلیدی: الگوی غذایی، تغذیه، ناباروری، سندرم تخمدان پلی کیستیک

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فهرست مقالات منتج از پایان نامه

مقالات پذیرش شده

Dietary patterns and Ovulatory infertility: A case-control study

سایر مقالات مستخرج شده

الگوهای غذایی در ارتباط با ناباروری تخمدانی: یک مطالعه مورد-شاهدی

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ABSTRACT

Objective: To investigate the relation between female ovulatory infertility and major dietary patterns among women attending fertility clinics.

Methods: This case-control study was conducted on 167 infertile women with PCOS and 251 controls. PCOS was determined by using 2003 Rotterdam criteria. Usual dietary intake was assessed using a validated 168-item semi-quantitative food frequency questionnaire. Major dietary patterns were identified using factor analysis.

Results: Two main dietary patterns, healthy dietary pattern and western dietary pattern, were identified. Cases were statistically more overweight and abdominally fat than controls ($p=0.00$). No statistical significant difference was seen in total energy intake, nutrient intakes and dietary fiber between the two groups. Lower adherence to western dietary pattern was associated with decreased chance of infertility (OR=0.61; 95% CI: 0.41-0.91, $p=0.01$). The association remained significant even after taking other confounders into account (OR=0.62, 95% CI: 0.41-0.96, $p=0.03$). However, after adjusting for energy and macronutrient intakes, the association altered to marginally significant relation ($p=0.07$). Associations between having healthy dietary pattern and infertility regarding PCOS was not statistically significant ($p=0.45$).

Conclusion: Lower adherence to western dietary pattern may protect women in reproductive age against infertility. Further studies are needed to confirm the role of different dietary patterns on fertility outcomes.

Keywords: dietary pattern, nutrition, infertility, polycystic ovarian syndrome



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