

عنوان مقاله:

Effects of selenium supplementation on glucose homeostasis in women with gestational diabetes mellitus: A randomized, controlled trial

محل انتشار:

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خلاصه مقاله:

Background: There is limited evidence about the anti-diabetic effects of selenium supplementation in women with gestational diabetes mellitus (GDM). Objective: This study investigates the effects of selenium supplementation on glucose homeostasis in women with GDM. Materials and Methods: A total of ۶۰ pregnant women with GDM were enrolled in this prospective randomized, double-blind, and placebo-controlled clinical trial. They were randomly assigned to take either ۱۰۰µg selenium supplements as tablet or a placebo daily for ۱۲ wk since ۲۴-۲۸ wk of gestation. The primary outcomes were changes in the glucose homeostasis, including fasting plasma glucose, the ۲-hr post prandial blood glucose, serum insulin level, glycosylated hemoglobin (Hb A1C), and the homeostasis model assessment of insulin resistance (HOMA_{IR}) at the initial period and ۳ months after intervention. Results: The mean maternal age of the patients who took selenium supplements was 29.19 ± 6.16 (range ۱۸-۴۱) years. In the placebo group, the mean maternal age was 31 ± 4.43 (range ۲۴-۳۹) years. Compared with the placebo group, fasting plasma glucose, ۲-hr post-prandial blood glucose, glycosylated hemoglobin (Hb A1C), serum insulin level, and homeostasis model of assessment-estimated insulin resistance (HOMA_{IR}) were not significantly changed in the selenium group at the end of study ($p = 0.25$, $p = 0.87$, $p = 0.34$, $p = 0.57$, and $p = 0.31$, respectively). Conclusion: The results of this trial suggest that supplementation with ۱۰۰µg of selenium does not modulate glucose homeostasis in women with GDM.

کلمات کلیدی:

Diabetes, Gestational, Selenium

لینک ثابت مقاله در پایگاه سیویلیکا:

