

THE EFFECT OF DEATH ANXIETY AND AGE ON HEALTH PROMOTING BEHAVIORS

Ghorbanalipour M^{*1}, Borjali A², Sohrabi F³, Falsafinejad MR⁴

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Abstract

Background & Aims: The purpose of this study was to determine the effects of death anxiety and age on the frequency of health promoting behaviors.

Materials & Methods: Through random sampling 200 young (those who were 20–35 years of age) and older adults (those who were 60 years of age and older) were involved. Data gathering questionnaire included a health promoting lifestyle profile and death anxiety scale. The authors calculated a 2 (young adults vs. older adults) × 2 (death anxiety vs. no death anxiety) between-subjects factorial analysis of variance (ANOVA) and post hoc to test their hypotheses.

Results: Although ANOVA results did not yield a significant effect for age, the main effect of the death anxiety was significant. The interaction of the age and death anxiety was also significant. Result indicated that young adults with death anxiety compared to older adults with death anxiety showed high rate of health promoting behaviors.

Conclusion: The results show that death anxiety is a determinant factor on the frequency of health promoting behaviors in young and older adults. People with high death anxiety reported more health promoting behaviors than people with low death anxiety.

Keywords: Age, Death anxiety, Health promoting behaviors

Address: Psychology Department, Allameh Tabatabai University, Tehran, Iran

Tel: (+98)9141633787

Email: masood_a28493@yahoo.com.au

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¹ PhD Candidate of Psychology, Allameh Tabatabai University, Tehran, Iran (Corresponding Author)

² Assistant Professor of Psychology, Allameh Tabatabai University, Tehran, Iran

³ Associate Professor of Psychology, Allameh Tabatabai University, Tehran, Iran

⁴ Assistant Professor of Assessment and Measurement, Allameh Tabatabai University, Tehran, Iran

ASSESSMENT OF PERSONALITY CHARACTERISTICS IN MIGRAINE PATIENTS

*Toubaei Sh^{*1}, Farrashbandi H²*

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Abstract:

Background & Aims: Psychological problems are prevalent among patients with chronic headache. A large percentage of those with migraine headache are depressed and many of them suffer from anxiety disorders. The aim of this study was assessing the personality traits in migraine patients.

Materials & Methods: We randomly selected one hundred patients with migraine headaches who referred to neurology clinics. In this cross-sectional research migraine headache was diagnosed by a neurologist and recorded by IHS questionnaire. To assess personality traits, we used NEO-FFI test. Patients with a major psychiatric disorder were excluded and eighty six subjects completed the study.

Results: OF all participants, 67% were female, 35% were married, and 45% high school or university graduates. The mean age was 30 years. Compared to normal population, obsessive traits were more common in migraineurs. Female had low scores in openness to experiences and male had low scores in neuroticism.

Conclusion: In accordance to previous studies, we found a relationship between personality traits and migraine considering psychological profile of patients that can affect the outcome and treatment of migraine.

Keywords: Migraine headache, Personality traits, Psychopathology

Address: Shiraz University of Medical Sciences, Research Center of Psychiatry and Behavioral Sciences, Hafez Hospital **Tel:** (+98)9173162357

E-mail: shahin.toubaei@gmail.com

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¹ Associate Professor of Psychiatry, Research Center of Psychiatry and Behavioral Sciences, Hafez Hospital, Shiraz University of Medical Sciences, Shiraz, Iran (Corresponding Author)

² Assistant Professor of Psychiatry, Hafez Hospital, Shiraz University of Medical Sciences, Shiraz, Iran

FEAR OF DEATH IN PATIENTS WITH HYPOCHONDRIASIS AND ANXIETY DISORDERS

A Soleimannejad¹

Received: 7 Feb, 2010; Accepted: 13 May, 2010

Abstract:

Background & Aims: Fear of death is a common anxiety disorder. The purpose of this study was comparing the degree of death fear in patients with hypochondriasis and anxiety disorders.

Materials & Methods: Convenience sampling method was used to choose 121 patients with hypochondriasis and anxiety disorders out of patients referring to health care centers. The fear of death was measured by Death Anxiety Scale. Data analysis was performed by covariance and post hoc test.

Results: The findings indicated that whereas patients with panic disorder, generalized anxiety disorder and post traumatic stress disorder experience fear of death but these symptoms are markedly less common than those with hypochondriasis.

Conclusion: The finding of this study are helpful in terms of the conceptualization and treatment of hypochondriasis and anxiety disorders.

Keywords: Fear of death, Hypochondriasis, Anxiety disorder

Address: Payame Noor University, Urmia, Iran Tel: (+98)9141638697

Email: akbar.solaymannejad@gmail.com

Source: Urmia Med J 2010; 21(2): 295 ISSN: 1027-3727

¹ Assistant Professor of Psychology, Payam Noor University, Urmia, Iran

EVALUATION OF PREVALENCE AND ETIOLOGY OF EYE INJURY IN REFERRALS TO TABRIZ LEGAL MEDICINE CENTER DURING 2005, 2006

Rahnamaei Zonooz N¹, Samadi Rad B², Aminpour MR³

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Abstract

Background & Aims: The most common causes of referring to legal medicine centers are eye injuries. These injuries commonly occur in young men and may cause irreversible and disabling consequences. This study aims at providing epidemiologic data on eye injuries in Tabriz Legal Medicine Center during 2005-6.

Methods & Materials: In an analytic descriptive cross sectional study 954 patients with eye injury were evaluated. Epidemiological, ethological characteristics, location of trauma and the final outcome were assessed.

Results: Nine hundred fifty four patients with eye injury were recruited. 740 patients (74.4%) were men and 244 patients (25.6%) were women. The mean age was 31.58 ± 13.49 (1-82) years and the most prevalent age group was 20-30 years old. 690 patients (72.3%) were literate. Assault (65.8%), traffic accident (23.5%), husband violence (9.5%), occupational trauma (0.8%), blast injury (0.2%), and fall (0.1%) were recorded. In 451 cases (47.3%) the injuries happened in work place and in 241 (25.3%) patients happened at home. Trauma led to blindness in 4 patients (0.45) and decreased acuity in 13 patients (1.4%).

Conclusion: The majority of injured patients were young males. The beatings and quarrels were the leading causes of physical injury.

Keywords: Laparoscopic Cholecystectomy, Bupivacaine, Visual analogue pain scale

Address: Medicine Department, Islamic Azad University of Tabriz, Tabriz, Iran

Tel: (+98) 9144009405

Email: narges_r21@yahoo.com

Source: Urmia Med J 2010; 21(2): 296 ISSN: 1027-3727

¹ Medicine Student, Medicine Department, Islamic Azad University of Tabriz, Tabriz, Iran (Corresponding Author)

² Assistant Professor of Forensic Medicine, Medicine Department, Tabriz University of Medical Sciences, Tabriz, Iran

³ Professor of Ophthalmology, Medicine Department, Islamic Azad University of Tabriz, Tabriz, Iran

EFFECTS OF AQUEOUS GARLIC EXTRACT ON PARAOXONASE AND ARYLESTERASE ACTIVITY IN RATS

Rashtchizadeh N¹, Ghorbanhaghjo A², Mir Momeni MH³, Ghari Ghoran M⁴, Hashemzadeh J⁵

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Abstract

Background & Aims: Paraoxonase 1 is one of the most significant enzymes scavenging of harmful free radicals and conserves blood lipoproteins against oxidant components. The present study aims to investigate the effects of aqueous garlic extract supplementation Paraoxonase 1.

Materials & Methods: Twenty normal rats which were divided randomly into two groups including 10 rats for each control and specimen groups. Specimen group received 3 ml of extract interperitoneally each day and the control group received normal saline in the same volume and condition during the experiment. After a week injection, routine blood analysis including Paraoxonase 1, Arylesterase activity, and lipid parameters were performed. Oxidant malondialdehyde and antioxidant (total antioxidant status) parameters were also measured.

Results: Serum total cholesterol ($p<0.05$), low-density lipoprotein ($p<0.05$) and triglyceride ($p<0.05$) levels were found to be significantly lowered, but Paraoxonase 1 ($p<0.05$), Arylesterase ($p<0.05$), and HDL ($p<0.05$) level increased after using the extract. Blood total antioxidant status ($p<0.05$) values were found to have increased and malondialdehyde ($p<0.05$) level decreased during this episode. There was a positive and significant correlation between PON and Arylesterase ($p=0.025$, $r=0.697$). The correlation between Paraoxonase 1 and HDL-cholesterol concentration was also significant and positive ($p=0.006$, $r=0.794$).

Conclusion: It was concluded that aqueous garlic extract supplementation increases Paraoxonase 1 and Arylesterase improves blood lipid profile and strengthens blood antioxidant potential. It also leads to a decrease in the level of malondialdehyde in blood samples which demonstrates reduced oxidation reactions in the body.

Keywords: Aqueous garlic extract, Malondialdehyde, Paraoxonase, Arylesterase

Address: Drug Applied Research Center, Tabriz University of Medical Sciences, Tabriz, Iran.

Tel: (+98) 9141145493

Email: reashtchizadeh@yahoo.com

Source: Urmia Med J 2010; 21(2): 297 ISSN: 1027-3727

¹ Associate Professor of Clinical Biochemistry, Drug Applied Research Center, Tabriz University of Medical Sciences, Tabriz, Iran (Corresponding Author)

² Assistant Professor of Clinical Biochemistry, Tabriz University of Medical Sciences, Tabriz, Iran

³ Assistant Professor of Clinical Biochemistry, Kermanshah University of Medical Sciences, Kermanshah, Iran

⁴ Instructor of Clinical Biochemistry, Kermanshah University of Medical Sciences, Kermanshah, Iran

⁵ Instructor of Clinical Biochemistry, Tabriz University of Medical Sciences, Tabriz, Iran

THE RELATIONSHIP BETWEEN HAND SENSORY-MOTOR FUNCTION AND HANDWRITING SKILL IN SCHOOL STUDENTS WITH DEVELOPMENTAL DYSGRAPHIA

Havaei N¹, Rezaei M², Azad A³, Rafie Sh⁴

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Abstract

Background & Aims: Developmental dysgraphia is the one of learning disorders in school students. These people have problem in writing skills despite their normal intelligence and adequate visual, hearing, behavioral and psychological function. The purpose of this study was evaluating the relationship between hand sensory-motor function (including hand dexterity, sensory function, grip and pinch strength) and handwriting skill in school students with developmental dysgraphia.

Materials & Methods: 20 school students aged 9 to 11 years (3 girls and 17 boys) were participated non-randomly in this descriptive-analytic (correlational) study. Sensory-motor functions were evaluated via Minnesota manual dexterity, Semmes weinstein, dynamometer and pinch gauge tests and hand writing skill was evaluated via Minnesota handwriting test. Data were analyzed by statistical correlation and regression tests.

Results: There was a significant relationship between hand dexterity and light/pressure touch with hand writing ($P < 0.05$) but not about pinch and grip strength ($P > 0.05$).

Conclusion: Poor hand writing of dysgraphia students is the result of their poor hand dexterity and sensory function. So the use of sensory-motor techniques in their treatment plan is suggested.

Keywords: Developmental dysgraphia, Handwriting skill, Hand sensory motor function

Address: Tabriz Rehabilitation Faculty, Tabriz, Iran. **Tel:** (+98411) 3311293

Email: naser_havaei@yahoo.com

Source: Urmia Med J 2010; 21(2): 298 ISSN: 1027-3727

¹ Instructor of Occupational Therapy, Tabriz University of Medical Sciences, Tabriz, Iran (Corresponding Author)

² Instructor of Physical Therapy, Tabriz University of Medical Sciences, Tabriz, Iran

³ Instructor of Occupational Therapy, Iran University of Medical Sciences, Tehran, Iran

⁴ Instructor of Occupational Therapy, Iran University of Medical Sciences, Tehran, Iran

EVALUATION OF RISK FACTORS FOR ADVERSE NEUROLOGIC OUTCOME AFTER CARDIAC SURGERY

Hassani E¹, Mahoori AR^{*2}, Noroozinia H³, Mehdizadeh H⁴, Sepasi N⁵

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Abstract

Background & Aims: Neurologic complications following cardiac surgery result in increased morbidity and mortality. Although the incidence of overt sequel has traditionally been higher in patients undergoing isolated intracardiac procedures, recent studies show that the incidence of stroke for coronary artery bypass grafting (CABG), in the range of 1 to 4%. Postoperative cognitive deficits also are a source of morbidity and occur frequently even in low-risk patients undergoing cardiac surgery. Certain predictors have been validated in multiple studies but have not been validated in multiple populations.

Materials & Methods: In a retrospective descriptive cross-sectional study we evaluated documents of patients who had neurologic complication after open heart surgery. Demographic data, the history of previous hypertension, diabetes mellitus, stroke, perioperative conditions such as pump time, serum creatinine, blood sugar, and hematocrit were recorded. All the data were collected in patients with neurologic complications that were confirmed by consult.

Results: Approximately 514 patients had open heart operation during May 2005-2007. Twenty one patients (4.08%) had neurologic problems during intensive care unit staying. Cerebrovascular accident occurred in 9 (1.7%) and cognitive disorders in 12 (2.33%) of patients. Five (23.8%) patients had history of diabetes mellitus, and nine (42.8%) patients had history of hypertension.

Conclusion: Neurologic complications can occur in low risk patients after cardiac anesthesia. Some predictors were postulated but the reliability of these criteria is not clear. Further research about techniques of preventing or mitigating cerebral injury or predictors particularly in high-risk patients is needed.

Keywords: Neurologic outcome, Cardiac surgery, Cerebrovascular accident, Cognitive deficits

Address: Anesthesia Faculty, Urmia University of Medical Sciences, Urmia, Iran

Tel: (+98)9143416531

Email: ar_mahoori@yahoo.com

Source: Urmia Med J 2010; 21(2): 299 ISSN: 1027-3727

¹ Assistant Professor of Anesthesia, Urmia University of Medical Sciences, Urmia, Iran

² Associate Professor of Anesthesia, Urmia University of Medical Sciences, Urmia, Iran (Correspondence Author)

³ Associate Professor of Anesthesia, Urmia University of Medical Sciences, Urmia, Iran

⁴ Assistant Professor of Cardiac Surgery, Urmia University of Medical Sciences, Urmia, Iran

⁵ General Practitioner

INCIDENCE RATE OF ACUTE LEUKEMIA IN WEST AZARBAIJAN DURING 2003-2008

Hejazi S¹, Gholami A², Salarilak Sh^{*3}, Khalkhali HR⁴, Moosavi Jahromi L⁵

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Abstracts

Background & Aims: One of the major causes of mortality among children in developed and developing countries and the leukemia in children is the most common one. The aim of this study was to investigate the incidence rate of acute leukemia in West Azarbaijan.

Materials & Methods: A retrospective cross sectional study was conducted on acute leukemia patients diagnosed during 2003-2008. The data were analyzed by SPSS software and t-test, Chi Square test, and Fisher test.

Results: During six years of study, 138 children with acute leukemia were diagnosed in West Azarbaijan province. 56.5% were male and 43.5% were female (sex proportion was 1.3). Six-year incidence of acute leukemia is 17.43 in a hundred thousand people that have changed from 1.93 in 2004 to 3.51 in 2007 and the maximum incidence rate (25.03) was in 0-4 age group.

Conclusion: According to the finding of this study the incidence of increase or decrease of acute leukemia in West Azarbaijan was not regular and the incidence of lymphoblast was more than Myeloblastic (incidence proportion equals 4.48) and the disease was more common in males than females.

Keywords: Cancer, Incidence, Acute leukemia, Lymphoblastic, Myeloblastic

Address: Azad University of Iran, Tabriz Branch, Medical Sciences Faculty, Tabriz, Iran
Tel: (+98)9141414260

Email: salarilak@yahoo.com

Source: Urmia Med J 2010; 21(2): 300 ISSN: 1027-3727

¹ Assistant Professor of Oncology, Urmia University of Medical Sciences, Urmia, Iran

² MSc Student of Epidemiology, Urmia University of Medical Sciences, Urmia, Iran

³ Associate Professor of Epidemiology, Islamic Azad University of Iran, Tabriz Branch, Medical Faculty, Tabriz, Iran (Corresponding Author)

⁴ PhD Student of Biostatistics

⁵ Bachelor of Public Health

THE EFFECTS OF HONEY SOLUTION BEFORE MAXIMAL AEROBIC EXERCISE ON IMMUNE RESPONSES IN ACTIVE YOUNG MEN

*Jalili L^{*1}, Tartibian B², Mohammadzadeh H³, Ebrahimpoor Azar F⁴, Hajizadeh B⁵*

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Abstract

Background & Aims: We investigated the effects of honey consumption before maximal aerobic exercise on the immune response in active young men.

Materials & Methods: Twenty seven active men (age: 22.26 ± 3.68 yr and VO_2 max: $49/11 \pm 4.75$ ml.kg⁻¹.min⁻¹) volunteered in this study. Subjects were randomly divided into honey (n=9), placebo (n=9) and control (n=9) groups. In a double blind study subjects consumed 12% honey (5cc/body weight) (honey group) or placebo (placebo group). For investigating the variation of blood leucocytes, subjects in honey and placebo groups participated in maximal aerobic exercise test (cooper test). Blood samples were taken at baseline (before ingesting honey or placebo), immediately, and 2 hours after exercise.

Results: The present study indicates that aerobic exercise in honey group has significant effect on blood leucocytes, lymphocytes, and neutrophils. However, increased levels of leucocytes in immediately post-exercise ($p=0.001$) significantly decreased in 2 hr-post-exercise ($p=0.004$).

Conclusion: This data indicates that consumption of honey before maximal aerobic exercise can improve the immune system function of active young men.

Keywords: Honey solution, Maximal aerobic exercise, Immune system, Active young men

Address: Department of Physical Education, Urmia University of Human Sciences, Iran **Tel:** (+98)9144477207

E-mail: jalili_haz@yahoo.com

Source: Urmia Med J 2010; 21(2): 301 ISSN: 1027-3727

¹ M.Sc Student of Exercise Physiology , Urmia University, Urmia, Iran (Corresponding Author)

² Assistant Professor of Physical Education , Urmia University ,Urmia, Iran

³ Assistant Professor of Physical Education , Urmia University , Urmia, Iran

⁴ Medical Laboratory Expert

⁵ M.Sc of Exercise Physiology

RELATIONSHIP BETWEEN HIGH RISK OCCUPATION PARTICULARLY AROMATIC AMINES EXPOSURE AND BLADDER CANCER IN ISFAHAN: A CASE – CONTROL STUDY

*Pourabdian S¹, Janghorbani M², Khoubi J^{*3}, Tahjvidi M⁴, Mohebbi F⁵*

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Abstract

Background & Aims: This study investigated different causes of bladder cancer. We followed two chief objectives first to identify high-risk occupations in Isfahan and second to re-inspect occupations that were in relation with bladder cancer.

Materials & Methods: In this cross control study, 300 bladder cancer cases and 500 hospital controls were interviewed. The cases and controls were matched for age and sex; and demographic information, occupational history and exposure history to the chemical compounds such as aromatic amines were collected. Odds ratios (OR_s) and corresponding 95% confidence intervals (CI_s) were calculated by unconditional logistic regression for each occupation.

Results: After grouping job titles based on international standard classification of occupations (ISCO-08), there was a significant association for increased risk of bladder cancer among truck and bus drivers (OR=11.3), farmers (OR=6.04), Metal industry workers (OR=6), domestic housewives (OR=5.9), and construction workers (OR=3.8). There was no significant relation ship between bladder cancer in workers and textile, paint, rubber, print, leather and shoe.

Conclusions: Truck and bus drivers, farmers, metal industry workers, domestic wives, and construction workers demonstrated a major association between occupation and elevated risk of bladder cancer. The findings of this investigation should be tested in the future studies, in particular since exposures to agents such as cutting fluids or aromatic amines in metal industry workers and farmers.

Keywords: Occupation, Bladder cancer, Aromatic amines

Address: Isfahan University of Medical Sciences, Department of Health, Department of Occupational Health **Tel:** (+98)9354286339

E-mail: jamshidkhoubi@yahoo.com

Source: Urmia Med J 2010; 21(2): 302 ISSN: 1027-3727

¹ Assistant Professor of Occupational Health, Faculty of Health, Isfahan University of Medical Sciences, Isfahan, Iran

² Professor of Epidemiology, Faculty of Health, Isfahan University of Medical Sciences, Isfahan, Iran

³ Msc in Occupational Health, Department of Occupational Health, Faculty of Health, Isfahan University of Medical Sciences, Isfahan, Iran (Corresponding Author)

⁴ Assistant Professor of Radiotherapy, Faculty of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran

⁵ Associate Professor of Occupational Health, Faculty of Health, Urmia University of Medical Sciences, Urmia, Iran

HEALTH PROMOTION PRACTICES AND CANCER SCREENING IN OLDER ADULTS OF URMIA

Baljani E¹, Salari lak Sh², Salimi S³, Safari S⁴, Alavi E⁵, Abdollahi Movahed S⁶

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Abstract

Background & Aims: The world population is aging. Health promoting behavior gains more importance when people live longer. The purpose of this study was to examine health promotion behaviors and cancer screening in older adults in Urmia.

Materials & Methods: This descriptive cross-sectional study was conducted on 242 participants above 60 years old. The participants were selected based on purposive sampling method. Data questionnaire included demographic characteristics, number of chronic diseases, physical health status, mental health, health promotion and cancer screening. Descriptive statistics and stepwise multiple regression analysis were used to consider the factors that influenced health promotion activities in these individuals.

Results: The mean age of participants was 36/8±67/69. Among the primary health promotion activities (exercise, reducing cholesterol and low salt diet, high fiber), low-salt diet was the most adhered (64.4% of subjects). Among cancer screening practices including mammography, Pap smear, prostate examination, fecal occult blood testing and skin examination, the most practiced was occult blood testing (27.7% of subjects). Multiple regression analysis showed that occupation, education level, mental health, age and gender influenced conducting health promotion practices.

Conclusion: Except low salt intake and reducing diet cholesterol, other health promotion activities are far from the acceptable range. Public education for families about the benefits of health promoting behavior and availability of clinics and lab services may encourage older adults to engage in health promotion activities.

Keywords: Older adults, Health promotion, Cancer screening

Address: Nursing Faculty, Urmia Islamic Azad University, Urmia, Iran **Tel:** (+98)9143404534

Email: salimitr@yahoo.co.uk

Source: Urmia Med J 2010; 21(2): 303 ISSN: 1027-3727

¹ MSN, Faculty of Nursing, Urmia Islamic Azad University, Urmia, Iran

² Associate Professor of Epidemiology, Islamic Azad University of Iran, Tabriz Branch, Medical Faculty, Tabriz, Iran

³ Assistant Professor of Medical Nursing, Urmia Islamic Azad university, Urmia, Iran (Corresponding Author)

⁴ MSN Student, Clinical Instructor, Urmia Islamic Azad University, Urmia, Iran

⁵ BSc in Nursing

⁶ BSc in Nursing

INVESTIGATION OF ANTIBODIES (IGG AND IGM) AGAINST TOXOPLASMA GONDII IN BLOOD DONORS REFERRED TO TEHRAN BLOOD TRANSFUSION ORGANIZATION BY ELISA

Ormazdi H¹, Sanikhani N², Hadighi R³, Akhlaghi L⁴, Memar AR⁵, Razmjou E⁶

Received: 1 Feb, 2010; Accepted: 11 April 2010

Abstract

Background & Aims: Toxoplasmosis invasion during pregnancy in mothers without anti-Toxoplasma antibodies can lead to irreversible effects on the fetus. This parasite is one of the most frequent opportunistic infections in immunocompromised patients. The aim of the current study was to determine the prevalence of toxoplasma antibody in blood donors referring to Blood Transfusion Organization.

Materials & Methods: In this descriptive-cross sectional study, serum of 250 donors (125 women and 125 men) was chosen randomly from Blood Transfusion Organization and transferred to the Department of Parasitology, Faculty of Medicine, Iran University of Medical Sciences during 2007-2008. The titer of IgG and IgM antibodies was examined by Double sandwich ELISA method.

Results: Among 250 serum samples, 132 samples (52.8%) had IgG antibody and 9 samples (3.6%) had IgM antibody against Toxoplasma Gondii. Among men 48% had IgG antibody and 5.6% had IgM antibody. Among females 60.8% for IgG and 1.6% for IgM were positive.

Conclusion: Blood Transfusion Organization of Iran does not examine blood samples for toxoplasma gondii. Thus, these researches help to consider toxoplasma gondii for serological screening test.

Keywords: Toxoplasma Gondii, ELISA, Blood Transfusion Organization

Address: Parasitology Faculty, Iran University of Medical Sciences, Tehran, Iran Tel: (+98)9124479469

E-mail: nafiseh_s2004@yahoo.com

Source: Urmia Med J 2010; 21(2): 304 ISSN: 1027-3727

¹ Professor of Parasitology, Iran University of Medical Sciences, Tehran, Iran

² Master of Parasitology (Corresponding Author)

³ Assistant Professor of Parasitology, Iran University of Medical Sciences, Tehran, Iran

⁴ Professor of Parasitology, Iran University of Medical Sciences, Tehran, Iran

⁵ Assistant Professor of Parasitology, Iran University of Medical Sciences, Tehran, Iran

⁶ Assistant Professor of Parasitology, Iran University of Medical Sciences, Tehran, Iran

BEHAVIORAL (FUNCTION INDEX) AND HISTOPATHOLOGICAL STUDY OF HISTIDINE EFFECT ON REGENERATION OF EXPERIMENTAL CRUSHED SCIATIC NERVE OF RATS

Amniattalab A^{*1}, Tamaddonfard E², Cheraghian S³

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Abstract

Background & Aims: Histidine is an essential amino acid. In this study, both histidine effect on nerve function index and histopathological changes in nerve regeneration process were evaluated in rats with crushed sciatic nerve.

Materials & Methods: 57 rats were used to evaluate the sciatic nerve function index and to study the histopathological sciatic nerve sections stained with three methods. Effective factors in nerve regeneration like number of Schwann cells nucleus and myelinated nerve fibers were studied.

Results: There was a significant reduce in sciatic function index ($p < 0.05$); a significant reduce in the case groups; and a significant increase in numbers of Schwann cells nucleus ($p < 0.05$) in histidine 400mg/kg group compared with the control group (normal saline). In histidine 400mg/kg group, the numbers of myelinated nerve fibers on 42nd day increased significantly in comparison with days 14 and 28 ($p < 0.05$).

Conclusion: It is revealed that in crush injuries, histidine in 400mg/kg dosage caused normal recurrence of sciatic nerve index. Recent researches have shown that during wallerian degeneration period the proliferation of Schwann cells is not necessary for regeneration and remyelination of peripheral nerves. But the increase of myelinated nerve fibers in histidine 400mg/kg group, on day 42 indicates the useful effect of histidine in peripheral nerve regeneration.

Keywords: Histidine, Experimental crush, Sciatic nerve, Behavioral study, Histopathology, Rat

Address: Department of Pathology, Faculty of Veterinary Medicine, Urmia Islamic Azad University, Urmia, Iran Tel: (+98) 9144414613

E-mail: a.amniattalab@iaurmia.ac.ir

Source: Urmia Med J 2010; 21(2): 305 ISSN: 1027-3727

¹ Assistant Professor of Pathology, Faculty of Veterinary Medicine, Urmia Islamic Azad University, Urmia, Iran (Corresponding Author)

² Associate Professor of Physiology, Faculty of Veterinary Medicine, Urmia University, Urmia, Iran

³ B.Sc in Laboratory Sciences, Faculty of Veterinary Medicine, Urmia Islamic Azad University, Urmia, Iran