

Annual Conference on

Women and Maternal Nutrition and Care

Aug 31-Sep 01, 2018 | Toronto, Canada

Dietary patterns in association with premenstrual syndrome: Evidence from a case-control study

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Premenstrual syndrome (PMS) is a common cyclic psychological and somatic disorder which reduces women's quality of life. Evidence regarding the association between dietary patterns (DPs) and PMS is rare. The present study aimed to determine the relationship between dietary patterns and PMS. The current case-control study was conducted among women with confirmed PMS and healthy individuals recruited from Isfahan health care centers. Dietary data were collected using a validated semi-quantitative food frequency questionnaire and DPs were derived using principal component analysis. The association between DPs and likelihood of PMS was determined using logistic regression. In total, 225 women with PMS and 334 healthy subjects who aged 20-46 years participated. Three major DPs were identified: (i) "western DP" characterized by high intake of fast foods, soft drink and processed meats; (ii) "traditional DP" in which eggs, tomato sauce, fruits and red meat were highly loaded; and (iii) "healthy DP" high in dried fruits, condiments and nuts. After taking all possible confounders into account, individuals in the highest tertile of the western DP were more likely to experience PMS (odds ratio (OR) =20.32; 95% confidence interval (CI): 5.97-69.10), $P < 0.001$ and the traditional DP was inversely associated with the syndrome (OR=0.39; 95% CI: 0.16-0.96, $P = 0.04$). No significant association was observed between the healthy DP and PMS. The dietary patterns are strongly associated with PMS. Further longitudinal studies are required to confirm our findings.

Biography

Bahareh Moradi Feili has completing her MSc at the age of 26 years from Isfahan University of Medical Sciences School of Nutrition. She is the working hard to continue her education towards PhD in Molecular Nutrition.

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