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The association between the Selenium status of blood and the cardiovascular disease

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Statement of the Problem: Selenium is one of the elements necessary for producing enzymes and proteins. Selenium facilitates antioxidant action. Therefore, the lack of the selenium leads to the risk of cardiovascular diseases, such as heart disease¹). Also, it is reported that the status of selenium is related to the cancer²).

The significance of research: We want to determine how the selenium status in the blood influences the prevalence of cardiovascular disease in Lampung, Indonesia. Such findings can lead to the key to identifying the method by which we can effectively reduce the risk of cardiovascular disease.

Materials and method: The location for this research is Lampung, Indonesia. There are some islands in Indonesia, and those areas have different prevalence. First, we use the data of selenium status in the blood in Jakarta, and also there are reports that the relation between selenium status and the concentration of selenium in the soil. Therefore, we use data of soil concentration in Jakarta and Lampung, expect the status of selenium in the blood in Lampung. Next, we make the figure of Mortality rate-selenium status, using the data of CDV mortality rate in Lampung.

Using these results, comparison of selenium status between other countries and thereby offer insight into possible means of disease risk factors.

Results: The status of selenium in the blood in Lampung is enough but the mortality is high compare with other countries. It shows there is other reason of CVD. As for the accuracy of those data, we don't obtain all data we needed. Therefore we can increase accuracy collecting other data. Also, there are many risk factors associated with CVD. We can research other risk, and identify the cause of CVD in Lampung.

Biography

Hidenobu Matsuzaki is a student of Gunma university department of medicine. He has an inquisitive research mind and also an enthusiastic passion for clinical medicine.

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