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A STUDY OF ENDEMIC GOITER IN SELECTED AREAS IN THE PROVINCE OF ISFAHAN

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Abstract:

The iodine content of the drinking water and its association with endemic goiter was investigated in the areas of Mobarakeh, and Najafabad, which are located in the Province of Isfahan. The school children between 6 and 18 years of age were examined to determine the prevalence of enlargement of the thyroid gland. Thirty percent of the total 24,576 children in that age group were clinically examined using the method recommended by Preez, of W.H.O. The rate of the prevalence of goiter was found to be 6.03% in Mobarakeh and 11.1% in Najafabad. In general, the indicated levels of thyroid; enlargement was higher among children, from Najafabad than those from Mobarakeh. Also, enlargement of the thyroid was higher among girls than boys. The iodine content of the water in Najafabad was found to be lower while its Calcium and Magnesium content was shown to be significantly higher. It has been postulated that abundance of Ca and Mg minerals in the drinking water has contributed to the disturbance of Iodine intake which resulted in the prevalence of endemic goiter in this area.

Keywords:

[Iodine content](#) . [Endemic goiter](#)

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