

## Original Paper

# The effect of Zinc supplementation in acute diarrhea among 4-24 months old children

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## Abstract

**Background and Objective:** Zinc is one of the micronutrient with many roles in health, especially among the growing children. It has been thought that Zinc deficiency cause diarrhea, and Zinc supplementation can prevent it in children.

**Materials and Methods:** This study was carried out to determine the effect of Zinc sulphat on 4-24 month old children diarrhea. This clinical trial study was done double blind, the sample were study 4-24 month old afflicted with acute diarrhea in pediatric ward of Besat Hospital in Sanandaj, Iran during 2006. The sample size was 40 and mached by Blocks Randomization. The children in case group (intervention) received Zinc sulfate (9mg/kg/day) during ten days. In the Control groups they there given distilled water instead. The data was analyzed, using t-test and manwitney test.

**Results:** During ten days of monitoring there was not significant differences between two groups. Duration of diarrhea in case and control groups was  $5.72 \pm 3.15$  and  $5.32 \pm 2.58$  days respectivley this diffence was not significant.

**Conclusion:** This study showed that Zinc sulfate has no benefit on acute diarrhea in childhood

**Keywords:** Zinc, Diarrhea, Pediatrics

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