

Comparison of serum zinc in lichen planus patients and healthy subjects

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Abstract

Background and Aim: Oral lichen planus(OLP) is a chronic mucocutaneous, inflammatory disease. Although etiology of this disease is unknown, but such factors such as antioxidant deficiency and zinc are responsible in this disease. The aim of this study is evaluation and comparison of serum zinc in lichen planus patients and healthy subjects.

Materials and Methods: This study was designed as case- control. In total 52 patients with OLP(36 women and 16 men) were enrolled as case group and 48 self-admitted healthy people (36 women and 12 men)were selected as control group. Measurement of zinc was carried out in plasma. T-test was used for statistical analysis with significant level set at $p<0.05$.

Result: The mean \pm SD of serum zinc in case group was 6.4 ± 1.02 and in control group was 12.1 ± 1.5 $\mu\text{g/dl}$, respectively. There were significant difference between two groups. $P<0.01$

Conclusion:Results of this study showed that plasma levels of zinc in OLP patients were lower than those in healthy subjects.

Keywords: *Lichen Planus, Zinc, Anti-Oxidants*