

Thesis Title : A study of protein status, iron status and dietary patterns of heroin addicts

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#### ABSTRACT

Protein status, iron status and dietary patterns of the addicts and the non-addicts were studied. The subjects were male and aged between 20 - 35 years. They consisted of ninety heroin addicts by IV injection and forty-five healthy volunteers.

Most of the addicts were single and had average personal income 2115.25 baht/month, family income 4647.56 baht/month and education ranged from Prathom 1 - 6. The nutrient intake of the addicts was lower than the non-addicts except for vitamin C. The means of energy, calcium, vitamin B<sub>1</sub>, B<sub>2</sub> and niacin intake of heroin addicts were inadequate (< 75 % RDA). The percentage distribution of energy from protein, carbohydrate and fat of the addicts was similar to the non-addicts. Moreover, most of the drug users consumed food at home and had food intake less than 3 meals/day. The addicts preferred to consume sweets more frequently than the non-addicts.

Protein status was determined for serum total protein and albumin. It was found that the means of serum total protein and albumin of both groups were significantly different (P-value = 0.034, < 0.001 respectively) but they were within normal range. Iron status was determined for hematocrit, hemoglobin, serum iron, total iron binding capacity and percent transferrin saturation. This result was reported that those mean values between both groups were not significantly different (P-value > 0.05) and they were within normal range. The addicts were also adequate in protein and iron intake. Therefore, protein status and iron status of the addicts were normal. In addition, protein status as well as iron status tended to be correlated with the period of drug use.