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Zinc deficiency

Zinc is a vital trace element that is involved in many processes in the human body, such as cell division, wound healing and immune defense. Accordingly, the symptoms of zinc deficiency can be diverse. Possible are, for example:

- Lesions
- impaired wound healing
- Hair loss
- Anorexia
- Loss of libido
- reduced taste sensation
- Diarrhea
- Growth retardation
- Increased infectious maturity

Current studies point to possible links between low zinc levels and certain diseases or disorders. Examples:

In one study, researchers found that children with ADHD often have low levels of zinc and copper.

In a summary evaluation of several studies (meta-



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analysis), it was shown that people with depression often have a low zinc concentration in the blood.

Chinese scientists discovered that the seminal fluid of men with low fertility usually has low zinc levels.

In case of possible signs of zinc deficiency, it is sometimes sufficient to specifically incorporate zinc-rich foods (such as meat, legumes, etc.) into the diet. Under certain circumstances, however, the intake of dietary supplements with zinc is useful or necessary - for example, in the case of disease-related or congeni-

tal zinc absorption disorder. However, the use of zinc preparations should only be done in consultation with a doctor. Too high an intake of zinc can cause an overdose and thus symptoms of poisoning.

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