
An Analysis of the Effect of Nutrition Culture on the Incidence of Multiple Sclerosis (MS) in Guilan Province

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Multiple sclerosis or MS is the most common neurological disease in young adults and the most common autoimmune disease in the nervous system in all ages. Various studies on the nutritional status of the etiology of MS disease as an effective environmental factor can lead to this disease. Be esearch method:. In this case-control study based on socioeconomic information, lifestyle factors and dietary intake, 84 patients with MS and 150 controls who matched the age and sex in the group were interviewed and completed by a questionnaire. , And analyzes were performed on the samples. In this research, we searched for Medline databases, analyzing statistical data using Excel and spss software. Results: According to regression test, there is a significant relationship between vitamin D deficiency, anxiety, physical inactivity and headache (P

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