Serum Copper and Plasma Protein Status in Preterm Delivery

Masuda Sultana¹, Nasim Jahan², Nayma Sultana³, Rezina Akter⁴

Abstract

Background: Preterm delivery is a major obstetric related problem in Bangladesh. Micronutrient deficiency especially deficiency of copper may affect pregnancy, delivery and outcome of pregnancy. Reduced serum copper concentration of the pregnant mother may have some role in resulting preterm delivery. Objectives: To observe serum Cu and protein status in preterm mother and their neonates. Methods: This cross sectional study was carried out in the Department of Physiology, Sir Salimullah Medical College and Mitford Hospital, Dhaka, between January and December 2009. A total number of 136 subjects were included in this study, and were divided into control (n=82) and study (n=54) groups. Of the control group, 28 were non pregnant women age ranged between 20-30 years, taken for reference value and another 54 were full term group, also treated as control, were sub-divided into normal full term mother (n=27) and their respective neonates (n=27). Another 54 were preterm group, considered as study group, were sub-divided into preterm mothers (n=27) and their respective neonates (n=27). Age of preterm and full term mothers were between 20-40 years. All the subjects belonged to lower socio-economic status. The pregnant women were selected from the labor ward of Sir Salimullah Medical College and Mitford Hospital and non pregnant women were from personal contact. Serum copper level was estimated by spectrophotometric method, to observe its level in these groups of study subjects. Serum total protein, albumin and globulin levels were estimated by usual laboratory technique in order to observe the availability of binding proteins as well as their nutritional status. Again, anthropometric data and blood hemoglobin level of the preterm and full term mother and birth weight of their respective neonates were measured to observe their nutritional status. Correlation of maternal serum copper concentration with that of neonatal blood and also with birth weight of the neonates were done to observe their relationship. Statistical analysis was done by Independent-Samples ‘t’ test and Peason’s correlation coefficient tests as applicable. Results: Mean serum Cu, total protein and albumin levels were significantly (p<0.001) lower in preterm mother and their neonates in comparison to those of full term mother and their neonates respectively. Whereas, mean serum globulin level showed no statistically significant difference among the groups. Mean birth weight of preterm neonates was significantly lower in comparison to that of full term neonates. Again, maternal serum copper level showed negative correlation with that of neonatal blood but positive correlation with birth weight of their neonates in both full term and preterm mother, though these relationships were not statistically significant. Conclusions: The present study revealed hypocupremia and hypoproteinemia in pre-term delivery mother and their neonates. This hypocupremia may be due to poor maternal protein status.

Key Words: Copper, Protein, Preterm

Introduction

Preterm delivery occurs after 26 weeks but before 37 weeks of gestation¹. The rates of preterm delivery and low birth weight neonate have increased in the recent years in spite of increasing antenatal care². Metabolic demand increases in pregnancy both for the mother and for the developing fetus³. Again, adequate maternal trace element is essential for
normal embryogenesis. Micronutrient copper (Cu) is important for normal fetal development. It is essential for hemopoiesis and act as a cofactor for many enzymes such as cytochrome oxidase, mono-amine oxidase, ascorbic oxidase. In developing countries 98% of preterm delivery occurs due to nutritional deficiency. Inadequate dietary intake before and during pregnancy causes poor maternal nutritional status and restricted fetal growth. Micronutrient deficiency especially deficiency of copper (Cu) during pregnancy strongly affect fetal growth as well as length of gestation. It has also been reported that copper deficiency may cause premature birth and malnourished infants. Deficiency of micronutrient causes a number of maternal and fetal complications during pregnancy and delivery. Furthermore, different studies demonstrated that maternal micronutrient deficiency especially deficiency of copper may be responsible for the increased incidence and outcome of low birth weight infants. Deficiency of copper may occur during pregnancy due to low estrogen level, low dietary intake and metabolic defect. Furthermore, other nutritional deficiencies such as deficiency of protein, vitamins etc. may also be responsible for preterm delivery especially in developing countries. In addition to this, protein deficiency, especially deficiency of albumin and globulin may also be responsible for decreased maternal plasma Cu concentration, as they act as Cu-binding vehicle.

So, pregnancy is often associated with increased demand of all the nutrients like iron, copper, zinc, proteins etc. and deficiency of one of these may affect pregnancies, delivery and outcome of pregnancy. Some studies have been done regarding this matter in abroad. But little is known on this aspect in our country. For this, the present study was aimed at to observe serum Cu and protein levels in preterm delivery mother with their respective neonates and to take appropriate measure for the improvement of pregnancy outcome by observing their status in pregnant women to prevent the risk of complication in pregnancy. Moreover, it can provide information to clinician or obstetrician for better management of these patients.

**Methods**

The present cross sectional study was carried out in the Department of Physiology, Sir Salimullah Medical College and Mitford Hospital, Dhaka, during the period of 1st January 2009 to 31st December 2009. A total number of 136 subjects were included in this study, and were divided into control (n=82) and study (n=54) groups. Of the control group, 28 were non pregnant women age ranged between 20-30 years, taken for reference value and another 54 were full term group, also treated as control, were subdivided into normal full term mother (n=27) and their respective neonates (n=27). Another 54 were preterm group, considered as study group, were subdivided into preterm mothers (n=27) and their respective neonates (n=27). Age ranged of preterm and full term mother were from 20-40 years. Protocol of this study was approved by the Institutional Ethics Committee (IEC) of SSMC. Subjects having history of any microbial and metabolic diseases were excluded from the study. All the subjects were belonged to lower socio-economic status. The pregnant women were selected from labor ward of Sir Salimullah Medical College and Mitford Hospital and non pregnant women were from personal contact. After selection of the subjects, the objectives and benefits of the study were explained and written informed consent was taken from the subjects. All ethical norms were maintained. Institutional permission was taken from the Director of the Hospital. Detail personal, dietary, medical, family, socio-economic, occupational histories were taken and a thorough clinical examination was performed.
done and all informations were recorded in a standard prefixed questionnaire. With all aseptic precautions five (05) ml of maternal blood was drawn from medial cubital vein by disposable syringe and five (05) ml of neonatal blood was collected from placental end of cord immediately after delivery. After centrifugation of blood supernatant serum was collected in labeled eppendorf tube and was used for different biochemical tests. However, serum copper level was estimated by spectrophotometric method in the laboratory of Atomic Energy Commission, Dhaka, to observe its level in these groups of study subjects. Again, to observe the availability of Cu-binding protein and nutritional status of the study subjects serum total protein and albumin levels were estimated by standard laboratory technique in the Department of Physiology, SSMC, Dhaka. Moreover, anthropometric data and blood hemoglobin level of the preterm and full term mother and birth weight of their respective neonates were measured to observe their nutritional status. Correlation of maternal serum copper concentration with that of neonatal blood and also with birth weight of the neonates were done to observe their relationships. The statistical analysis was done by Independent-samples “t” test and Pearson’s correlation test by using SPSS, Version-15.

**Results**

The anthropometric data, along with mean Cu, total protein, albumin, globulin and hemoglobin levels of non pregnant women were within normal range and were taken for reference value.

Anthropometric data of the subjects are presented in Table I.

This table shows that mean height (p<0.01), weight (p<0.001) and BMI (p<0.001) were significantly lower in preterm mother in comparison to that full term mother.

Mean birth weight of preterm neonates was significantly (p<0.001) lower in comparison to those of full-term neonates (Figure 1).

Mean serum Cu level was significantly (p<0.001) lower in preterm mother than that of full term neonate.

<table>
<thead>
<tr>
<th>Groups</th>
<th>Age (year)</th>
<th>Height (meter)</th>
<th>Weight (kg)</th>
<th>BMI (kg/m²)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A (n=28)</td>
<td>20.50±0.64</td>
<td>154.76±2.07</td>
<td>57.50±2.59</td>
<td>24.00±0.65</td>
</tr>
<tr>
<td>B₁ (n=27)</td>
<td>24.74±3.34</td>
<td>156.63±2.17</td>
<td>62.07±1.92</td>
<td>25.30±0.63</td>
</tr>
<tr>
<td>C₁ (n=27)</td>
<td>23.37±3.98</td>
<td>154.85±2.46</td>
<td>56.22±4.29</td>
<td>23.42±1.36</td>
</tr>
</tbody>
</table>

Statistical analysis

<table>
<thead>
<tr>
<th></th>
<th>p value</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>A vs B₁</td>
<td>0.001***</td>
<td>0.002**</td>
<td>0.001***</td>
<td>0.001***</td>
</tr>
<tr>
<td>A vs C₁</td>
<td>0.001***</td>
<td>0.887ns</td>
<td>0.190ns</td>
<td>0.056ns</td>
</tr>
<tr>
<td>B₁ vs C₁</td>
<td>0.176ns</td>
<td>0.007**</td>
<td>0.001***</td>
<td>0.001***</td>
</tr>
</tbody>
</table>

Data are expressed as Mean ± SD. Statistical analysis was done by Independent -Samples “t” test. Group A = Non-pregnant women. Group-B₁ = Full term group mother. Group-C₁ = Preterm mother. n = Total number of subjects. ns = Not significant. *** = p<0.001. ** = p<0.01.
Serum copper (Cu), total protein, albumin, globulin and hemoglobin (Hb) levels in different groups (n=136)

<table>
<thead>
<tr>
<th>Groups</th>
<th>Cu(µg/dl)</th>
<th>Total Protein(g/dl)</th>
<th>Albumin(g/dl)</th>
<th>Globulin(g/dl)</th>
<th>Hb((g/dl)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A (n=28)</td>
<td>120.89 ± 17.7</td>
<td>7.18 ± 0.91</td>
<td>4.79 ± 0.88</td>
<td>2.39 ± 0.75</td>
<td>11.16 ± 0.80</td>
</tr>
<tr>
<td>B1 (n=27)</td>
<td>186.00 ± 50.45</td>
<td>7.40 ± 1.52</td>
<td>4.81 ± 1.14</td>
<td>2.58 ± 1.13</td>
<td>8.89 ± 0.65</td>
</tr>
<tr>
<td>B2 (n=27)</td>
<td>56.56 ± 22.96</td>
<td>6.02 ± 1.50</td>
<td>4.10 ± 1.14</td>
<td>1.93 ± 0.75</td>
<td>——</td>
</tr>
<tr>
<td>C1 (n=27)</td>
<td>115.90 ± 22.03</td>
<td>5.35 ± 1.21</td>
<td>3.10 ± 0.98</td>
<td>2.25 ± 0.63</td>
<td>9.36 ± 0.34</td>
</tr>
<tr>
<td>C2 (n=27)</td>
<td>38.26 ± 8.28</td>
<td>3.76 ± 0.62</td>
<td>1.98 ± 0.50</td>
<td>1.78 ± 0.58</td>
<td>——</td>
</tr>
</tbody>
</table>

Statistical analysis

<table>
<thead>
<tr>
<th>Groups</th>
<th>Cu(µg/dl)</th>
<th>Total Protein(g/dl)</th>
<th>Albumin(g/dl)</th>
<th>Globulin(g/dl)</th>
<th>Hb((g/dl)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A vs B1</td>
<td>0.001***</td>
<td>0.528ns</td>
<td>0.941ns</td>
<td>0.536ns</td>
<td>0.001***</td>
</tr>
<tr>
<td>A vs C1</td>
<td>0.357ns</td>
<td>0.001***</td>
<td>0.001***</td>
<td>0.456ns</td>
<td>0.001***</td>
</tr>
<tr>
<td>B1 vs C1</td>
<td>0.001***</td>
<td>0.001***</td>
<td>0.001***</td>
<td>0.272ns</td>
<td>0.002**</td>
</tr>
<tr>
<td>B1 vs B2</td>
<td>0.001***</td>
<td>0.002**</td>
<td>0.030*</td>
<td>0.064ns</td>
<td>——</td>
</tr>
<tr>
<td>C1 vs C2</td>
<td>0.001***</td>
<td>0.001***</td>
<td>0.001***</td>
<td>0.006**</td>
<td>——</td>
</tr>
<tr>
<td>B2 vs C2</td>
<td>0.001***</td>
<td>0.001***</td>
<td>0.001***</td>
<td>0.543ns</td>
<td>——</td>
</tr>
</tbody>
</table>

Data are expressed as Mean ± SD. Statistical analysis was done by Independent-Samples “t” test.

Group A = non-pregnant women.
B1 = full term mother
B2 = full term neonates
C1 = preterm mother
C2 = preterm neonates
n= number of subjects
*** = p<0.001    * = p<0.05   ** = p<0.01
ns = Not significant
may result in hypocupremia during pregnancy, which may cause preterm delivery. Moreover, hypocupremia may result from increased transfer of Cu from mother to fetus required for the fetal development. However, some investigators suggested that low maternal plasma copper concentration is closely associated with premature rupture of membrane. Again, it has been observed that incidence of preterm delivery is fewer in women, receiving micronutrient supplementation during pregnancy.

It has been suggested that, elevated level of estrogen during pregnancy increases ceruloplasmin which in turn results in increased level of serum copper in full term mother. Again, some other investigators suggested that nutritional deficiency or a metabolic defect along with decreased availability of Cu-binding protein may result in hypocupremia during pregnancy, which may cause preterm delivery. Moreover, hypocupremia may result from increased transfer of Cu from mother to fetus required for the fetal development. However, poor socio-economic status of the study subjects indicates inadequate food intake especially low dietary protein as their hemoglobin level was lower. Again, low birth weight of preterm neonates in this study may be due to
their hypocupremia, as evidenced by their measured values in cord blood. This hypocupremia of preterm neonates of present study may be due to diffusion of small fraction of maternal serum Cu through the placenta, as evidenced by the negative correlation of maternal serum Cu concentration with that of neonatal blood.

However, the exact mechanism involved for the preterm delivery and low birth weight of the neonates due to Cu deficiency cannot be elucidated from this type of study due to some limitation, such as short duration of the study period and small sample size.

Conclusion
From this study it can be concluded that, hypocupremia occur in preterm mother and their neonates may be due to poor nutritional status during pregnancy. This study also revealed that low serum Cu level may cause poor fetal outcome, as the preterm neonates had low birth weight. So, adequate intake of copper and protein enrich diet is necessary for some copper deficient pregnant women to prevent preterm delivery and for healthy fetal outcome

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