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HUMAN HEALTH RELATED TO IODINE ENVIRONMENTAL OCCURRENCE AND ITS DEFICIENCY IN WATER AND FOOD

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Abstract

Iodine is essential for the synthesis of thyroid hormones which are extremely important in the process of growth and development of human body. The effects of iodine deficiency implies thyroid enlargement (goiter) and others disturbances so called iodine deficiency disorders (IDD). The iodine deficiency is an ancient but still existing problem with medical and environmental connotation. Soil and water from various regions worldwide are iodine deficient. This problem is aggravated by deforestation and soil erosion. The determination of iodine deficiency is mainly geological rather than social or economic.

Besides the fortification of different types of foods with iodine and iodization of salt, a multidisciplinary approach is necessary in order to provide the right amount of iodine to general population.

Key words: ecosystem, goiter, iodine, soil, thyroid hormones

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