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Degree: Master. **Title of thesis:** Cyanocobalamine / VIT B12 deficiency as a risk factor of Premature Ovarian Failure in rural areas in Fayoum governorate.

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ABSTRACT

Objective: To determine the relationship between VIT B12 deficiency as one of the essential metabolic factors for cellular maturation and integrity and occurrence of Premature Ovarian Failure in rural areas in Fayoum governorate.

Methods: 50 women attended at the Fayoum University hospital outpatient gynecology clinic were diagnosed as premature ovarian failure and another 50 normal women, all were subjected to serum VIT B12 level estimation.

Results: Premature Ovarian Failure was predominant in women coming from the rural areas of Fayoum governorate(70 % rural, 30% urban). Also VIT B12 deficiency was also predominant in women coming from the rural areas (55.6% rural, 44.4% urban). However, there was no significant statistical difference supposing that VIT B12 deficiency can be a possible correlate of Premature Ovarian Failure in Fayoum governorate.

Conclusion: VIT B deficiency can't be considered as a risk factor for Premature Ovarian Failure, however it is essential for cellular integrity and has an obvious effect on female fertility. High prevalence of Premature Ovarian Failure in the poor rural areas arouses attention to importance of The nutritional status of the patients in the implication of the pathogenesis of premature ovarian failure. Vitamins and cofactors may play a major role in fertility function, although this is still an area that needs further investigation.

Keywords: Premature Ovarian Failure, Follicle Stimulating Hormone FSH, infertility, ovarian reserve, VIT B12.

