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Determination of the frequency of vitamin D deficiency in multiple sclerosis patients

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Introduction & Aim: Vitamin D deficiency is linked to poor treatment response in patients with Multiple Sclerosis (MS). The aim of this study is to define the frequency of vitamin D deficiency for early detection and timely intervention leading to improved morbidity rates. Aim of the study is to determine the frequency of vitamin D deficiency in multiple sclerosis patients present at neurology ward of a tertiary care hospital in Larkana. Outcome measure: frequency of vitamin D deficiency. Duration of study was from 26 November 2016 to 28 May 2017. The study design was based on cross-sectional study at the Neurology Ward Chandka Medical College Hospital, Larkana. Ages of 18 and 60 years, either gender diagnosis of MS for >3 months, sun exposure for at least 30 minutes and give written informed consent were included in this study. Patients that have other co-morbidities like heart failure determined by echo as EF>25 renal disease determined by serum Cr>3 mg/dl, endocrine disorders like hyper parathyroidism determined by blood PTH levels>10 ng/dl, any patient on long-term steroid treatment for <3 months, determined by physician prescription slip, patients already on vitamin D therapy for >3 months were excluded.

Method: This study was approved by an ethical review committee of the institute. Patients fulfilling inclusion criteria were enrolled in this study after taking written informed consent. The demographic variables like name, age, gender, duration of sun exposure and duration of disease were collected by the researcher. Blood sample for a vitamin D level blood sample of these patients was drawn on the same day and sent to a laboratory for vitamin D level in the pathological lab of CMCH. Blood vitamin D levels in this study were measured by radioimmunoassay. The data was analyzed using SPSS version 19.

Result: Mean age of enrolled participants was 43.6±11 years. Of 85 enrolled participants, 36 (42.4%) were male and 49 (57.6%) were female, the mean duration of disease was 6.2±1.4 months, 70 (82.4%) participants were married and 15 (17.6%) were unmarried, 49 (57.6%) were employed, 43 (50.6%) were exposed to the sun for <40 minutes a day. The frequency of vitamin D deficiency among patients with multiple sclerosis was 17 (20%) cases.

Conclusion: It is concluded from this study that the frequency of vitamin D deficiency among patients with multiple sclerosis was 20%.

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