

عنوان مقاله:

Plasma ۲۵ (OH) Vitamin-D Level and Metabolic Syndrome Risk Factors among Physicians of Zanjan

محل انتشار:

مجله علمی پژوهشی دانشگاه علوم پزشکی زنجان، دوره 23، شماره 99 (سال: 1394)

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نویسندگان:

زهرا سلطانی - *Dept. of Internal Medicine, Zanjan University of Medical Sciences, Vali-e-Asr Hospital, Zanjan, Iran*

محمد خمسه - *Dept. of Internal Medicine, Zanjan University of Medical Sciences, Vali-e-Asr Hospital, Zanjan, Iran*

حسین چیتی - *Metabolic Research Center, Zanjan University of Medical Sciences, Zanjan, Iran*

مجید ولیزاده - *Metabolic Research Center, Zanjan University of Medical Sciences, Zanjan, Iran*

سعیده مظلوم زاده - *Dept. of Epidemiology, Social Determinants of Health Research Center, Zanjan University of - Medical Sciences, Zanjan, Iran*

خلاصه مقاله:

Background and Objective: Previous studies indicate an inverse association of serum ۲۵-hydroxyvitamin-D level with obesity, metabolic syndrome and cardiovascular events. This study was aimed to assess metabolic syndrome correlation with serum Vit-D levels of physicians in Zanjan city (Iran). **Materials and Methods:** In an analytical cross-sectional study, a total of ۱۰۸ physicians were selected and their ۲۵-hydroxyvitamin D status, fasting blood glucose, triglyceride and HDL were assessed using venous blood. Metabolic syndrome was defined based on ATPIII criteria. Data was analyzed using SPSS software. **Results:** The mean serum ۲۵(OH) D concentration was ۲۳.۴۰ ± ۲۳.۷۲ ng/ml and its median level was ۱۷.۶۵ ng/ml. ۲۵ (OH) D concentrations < ۲۰ ng/ml was observed in ۶۲% of the participants. The prevalence of Metabolic Syndrome for the whole sample was ۲۱.۲%. The most prevalent components of metabolic syndrome were hypertriglyceridemia and low HDL with a prevalence of ۵۵.۶% and ۳۸%, respectively. Significant correlative difference was found between serum ۲۵(OH) D levels and triglyceride ($P = ۰.۰۰۹$). **Conclusion:** The prevalence of vitamin D deficiency and metabolic syndrome among physicians in Zanjan was lower than general population. A significant association between serum levels of Vitamin D and triglyceride was detected, which may be due to higher BMI. **References** ۱- Hoseinnejad A, Maghbuli ZH, Mirzaie KH, Karimi F, Larijani B. Relation of vitamin D^۳ level with metabolic syndrome among Iranian adult populations. *Iran J Diabetes Lipid.* ۲۰۰۹ ۹: ۳۸۳-۹. ۲- Expert panel on detection, evaluation, and treatment of high blood cholesterol in adults. executive summary of the third report of the national cholesterol education program (NCEP) *JAMA.* ۲۰۰۱ ۲۸۵-۹۷. ۳- Chiu KC, Chu A, Go VL, Saad MF. Hypovitaminosis D is associated with insulin resistance and beta cell dysfunction. *Am J Clin Nut.* ۲۰۰۴ ۷۹: ۸۲۰-۵. ۴- Bonakdaran S, Varasteh A, Khajeh-Dalouie M. Serum ۲۵ hydroxy vitamin D^۳ and laboratory risk markers of cardiovascular diseases in type ۲ diabetic patients. *Iran J Endocrin Metab.* ۲۰۱۰ ۵۰۴-۹. ۵- Chagas C, Borges M, Rogero L. Focus on vitamin D, inflammation and type ۲ diabetes. *J Nutrients.* ۲۰۱۲ ۴: ۵۲-۶۷. ۶- Tohrh Funahashi, Yujji Matsuzawa, Shinji Kihara. Adiponectin as a potential key player in metabolic syndrome insights into atherosclerosis, diabetes and cancer. *International Congress Series* ۲۰۰۴ ۳۶۸-۷۱ ۷- Wang C, Pereira R, Hosoka P, et al. Association between ۲۵-hydroxyvitamin D and adiponectin levels in hypertensive subjects. *Eur J Endocrinol.* ۲۰۱۱ ۱۶۴:

کلمات کلیدی:

Key words: Metabolic syndrome, Vitamin D, Obesity, Physicians

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