

عنوان مقاله:

Association between serum ۲۵-hydroxy vitamin D level and menstrual cycle length and regularity: A cross-sectional observational study

محل انتشار:

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خلاصه مقاله:

Background: Research examining the role of vitamin D deficiency and the development of menstrual disorders in women is of widespread interest. Studies have been published showing that supplementation with high-dose vitamin D can lead to the restoration of the menstrual cycle. We lack adequate information regarding the effect of vitamin D levels on the physiology of menstruation and further on fertility in women of reproductive age due to the contradictory results reported by studies. Objective: To study the association of ۲۵-hydroxy vitamin D with menstrual cycle characteristics including long and short cycle length and cycle irregularity. Materials and Methods: In this cross-sectional study, serum vitamin D level of ۱۶۶ women attending an outpatient department with menstrual irregularities after excluding all obvious causes of menstrual disorders ($n = ۸۳$) between April-June ۲۰۱۹ were measured and were compared with women of similar profiles with complaints other than menstrual irregularities ($n = ۸۳$). Results: A decreased level of vitamin D was associated with a ۱۳.۳ times odds of an irregular cycle (OR (۹۵% CI): ۱۳.۳۰ (۵.۷۹-۳۰.۶۰), $p < ۰.۰۰۱$). ۲۵-hydroxy vitamin D was not associated with age or body mass index. We found a significant difference ($p < ۰.۰۰۱$) in mean vitamin D levels among the females with irregular cycles vs. regular cycles. Conclusion: Vitamin D plays a role in the physiology of reproduction specific to the menstrual cycle and ovulation. Long-term prospective studies assessing the exact cutoff value and the exact dose of supplementation required are needed

کلمات کلیدی:

Menstrual disturbances, Ovulation, Reproductive period, Vitamin D deficiency, Dietary supplements, Polycystic ovarian syndrome, اختلالات قاعدگی، تخمک‌گذاری، دوره باروری، کمبود ویتامین D، مکمل‌های غذایی، سندرم تخمدان پلی-کیستیک.

