

عنوان مقاله:

Relationship of vitamin D α deficiency and chronic rhinosinusitis with nasal and sinus polyposis in patients referring to the Department of Ear, Nose, and Throat Diseases Department of Vali-asr Hospital in Brigand, Iran

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خلاصه مقاله:

Introduction: Chronic rhinosinusitis may require referral to an ear, nose, and throat specialist for possible endoscopic sinus surgery if medical management fails. Vitamin D is one of the essential vitamins for the body that is effective in inflammatory processes. Therefore, it seems necessary to confirm the association between the deficiency of this vitamin and the occurrence of chronic rhinosinusitis with nasal polyposis. This study aimed to determine the relationship of vitamin D α deficiency and chronic rhinosinusitis with nasal and sinus polyposis in patients referring to the Otorhinolaryngology Department of Valiasr Hospital, Birjand, Iran, in ۲۰۱۷. **Methods:** A case-control study was performed on individuals, including a group of patients with rhinosinusitis and a control group (n=۲۰ each), referring to the Department of Ear, Nose, and Throat Diseases Department of Vali-asr Hospital. Among patients diagnosed with chronic rhinosinusitis, the cases that had polyps on endoscopic examination were included in the study. After completing the consent form, venous blood samples (۱۰cc) were collected from the patients in fasting conditions. The electrochemical luminescence method was used for measuring the level of serum vitamin D. A questionnaire containing demographic information and clinical findings was completed by reviewing the patients' records. Data analysis was performed in SPSS software (Version. ۲۲) using Chi-square and Mann-Whitney U-tests. **Results:** The mean and median scores of vitamin D level were obtained at 14.13 ± 12.99 and 10.25 in the case group, and 18.72 ± 9.29 and 18.77 in the control group, respectively. The level of vitamin D was significantly higher in the control group than in the chronic group ($P=0.04$). In the case group, ۱۶ (۸۰%) patients lacked vitamin D and ۳ patients had an insufficient level of vitamin D. In the control group, ۱۳ (۶۵%) patients lacked vitamin D and ۴ cases had an insufficient level of vitamin D. There was no significant difference in vitamin D levels between the two groups ($P=0.61$). No significant difference was observed between the two clinical symptoms. **Conclusion:** It was revealed that the lack of vitamin D was likely to be an effective factor in the rhinosinusitis disease; therefore, proceedings need to be taken to cure the deficiency of this vitamin.

کلمات کلیدی:

Vitamin D, Sinusitis, Polyps

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