

عنوان مقاله:

Evaluation the Response to Treatment of Vitamin D Deficiency in Iranian Overweight/obese Children

محل انتشار:

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خلاصه مقاله:

Background Recently the prevalence of obesity and its comorbidities has increased in children, in the worldwide. Some evidences show that there is a reverse relation between the serum level of 25-hydroxyvitamin D[25(OH)D] and Body mass index (BMI). The purpose of this study was scrutiny response to treatment vitamin D deficiency in obese/overweight children. Materials and Methods In this cross sectional study 60 children 5 -15 years old with $BMI \geq 85\%$ were entered. After obtaining of informed consent the calcium, phosphorous, alkaline phosphatase, 25(OH) D and parathyroid hormone (PTH) levels were measured after 8 hours of fasting. According to intensity of vitamin D deficiency, intra muscularly vitamin D3, 300,000 to 600,000 unit was prescribed. All parameters were rechecked after 1 month. Data were analyzed with SPSS- 20 software. Results Among total 60 subjects, 49 children (81.7%) were overweight and 11 children (18.3%) were obese. Also, all of subjects had vitamin D deficiency. After intervention only 35% got normal level of vitamin D. Mean level of vitamin D in girls were lower than boys. Average level of vitamin D rose significantly after intervention in both overweight and obese groups ($P < 0.05$). The mean PTH level was reduced significantly after intervention in overweight children ($P < 0.05$). Mean levels of calcium and phosphorus were increased in two groups after intervention, but this is not significant ($P > 0.05$). Discussion With considering high prevalence of vitamin D deficiency in overweight/obese children, low response to treatment and multiple after math complications, we suggest more attention to vitamin D deficiency and renewal and early intervention in these children

کلمات کلیدی:

BMI, Children, Obesity, Treatment, Vitamin D deficiency

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