

Vitamin D Insufficiency in Matosinhos Local Health Unit: A Laboratory Perspective

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INTRODUCTION

Although vitamin D deficiency is increasingly recognized throughout the world, there are few studies on the Portuguese reality. This study aims to analyze the levels of vitamin D in the tests performed in our hospital and its relationship with age, gender, specialty request and moment of sample collection.

Keywords: Portugal; Seasons; Vitamin D; Vitamin D deficiency.

MATERIALS AND METHODS

A cross-sectional study of 25 (HO) D measurements performed at our hospital between May 2016 and April 2017. Variables included: gender, age, specialty request, month of sample collection. Vitamin D status classified as: '**Deficiency**' (<10 ng/mL), '**Insufficiency**' (≥10 ng/mL e ≤ 30 ng/mL), '**Sufficiency**' (>30 ng/mL e <100ng/mL) and '**Toxic**' (≥100 ng/mL).

RESULTS

We included 4069 trials; 70 % of women; the average age was 57.9 years. Twenty percent had “Deficiency”, 66.5% “Insufficiency”, 14.4% “Sufficiency” and 0.2% “Toxic”. Community Healthcare requested 91% of trials. Vitamin D levels not demonstrated seasonal fluctuation throughout the year.

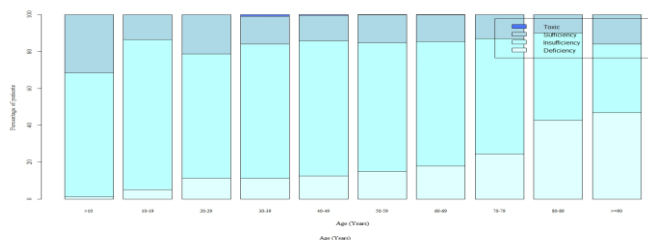


Figure 1 – Levels of Vitamin D/Age

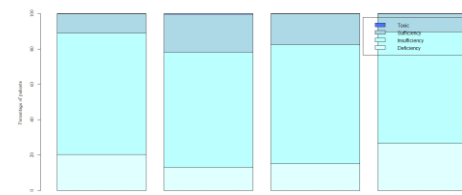


Figure 2
Season Variation of levels of Vitamin D

CONCLUSION

Vitamin D deficiency is prevalent in this population, affects individuals of all ages and is not compensated for by the seasonal variation of sunlight. This needs more attention and action considering its clinical implications.

References

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