

The Profile of Vitamin D among Type 2 Diabetes Mellitus Patients

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Objective: To evaluate vitamin D deficiency in type 2 diabetic patients and its association with poor control of diabetes.

Design: A Cross-Sectional Study.

Setting: Diabetes Outpatient Clinic, A'Ali Health Center, Bahrain.

Method: Two hundred sixty-eight patients were included in this study. Serum 25-hydroxy vitamin D concentrations were measured from May 2012 to September 2012. Other parameters of diabetes control were measured.

Result: One hundred seventy-six (65%) patients had vitamin D deficiency (<50 ng/mL). Vitamin D deficiency appears to be prevalent among the diabetic Bahraini population. Association of vitamin D status and glycemic control could not be confirmed in this study.

Conclusion: Due to the high prevalence of hypovitaminosis D in diabetics, vitamin D status should be routinely evaluated for diabetics as part of regular preventive care.
