

The Level of Vitamin D among Diabetic Patients

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Objective: To evaluate vitamin D deficiency in diabetic patients.

Design: A Retrospective Study.

Setting: Primary Health Care Department, Bahrain Defence Force Hospital, Bahrain.

Method: One-hundred twenty-seven patients with type 2 Diabetes Mellitus (DM) were evaluated for vitamin D level. The patients were divided into two groups according to vitamin D supplementation. The first group had 55 (43.3%) patients who received vitamin D supplementation and the second group had 72 (56.7%) patients who did not receive vitamin D supplementation.

Result: Vitamin D deficiency was found in 24 (18.9%) patients. Vitamin D insufficiency was found in 99 (78%) patients and only 4 (3.1%) patients were sufficient. None of the patients was having vitamin D toxicity. One hundred one (79.5%) patients were Bahrainis; 21 (16.5%) were deficient, 76 (59.8%) were insufficient and 4 (3.1%) were sufficient. Twenty-six (20.5%) were non-Bahrainis; 3 (2.4%) were deficient and 23 (18.1%) were insufficient and none was sufficient.

No significant differences were found in vitamin D level in diabetic patients among the following variables: age, nationality and gender.

Conclusion: In this study, 18.9% of patients were deficient and 78% of patients were insufficient. Only 3.1% patients were sufficient. The majority were Bahrainis.