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Vitamin D deficiency and its relationship with thyroid dysfunction

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Introduction: Vitamin D deficiency is a global health problem, its role as an immune modulator has been recently emphasized. The evidence is increasingly pointing towards vitamin D significant role in reducing the incidence of autoimmune diseases. In this study we aimed to examine the relationship between hypothyroidism and vitamin D deficiency.

Methods: This research is done in Istanbul Sisli Hamidiye Etfal Training and Research Hospital Family Medicine Polyclinics, among patients aged 65 years, by evaluating retrospectively serum vitamin D, and its relation with TSH levels. The study was conducted between January - December 2015. In SPSS 20.0 program we used frequency, chi-square for analysis.

Results: There were 271 patients tested for serum 25(OH)D and TSH levels and 175 (64.6%) patients had low vitamin D levels. of the study group 202 (74.1%) were women, 69 (25.5%) were men. Vitamin D deficiency were 61.7% in women and 73.9% in men ($p=0.067$) that meaned. among the patients who had Vitamin D deficiency %70.9 was women and 29.1% was men. Patients who had vitamin D treatment ($n=138$) 51.1% ($p<0.005$). 25.4% of the patients who were given vitamin D treatment were also had levothyroxin replacement treatment ($p<0.005$). By other means patients who were given hypothyroidism treatment ($n=35$) 77.8% were also given vitamin D treatment ($p<0.005$). Most patients with d deficiency didn't take medicine about this deficiency. Patients who used treatment because of thyroid dysfunction were also most of them were given vitamin d treatment.

Conclusion: Our results indicated that vitamin D deficiency was very common in our population and it is related with hypothyroidism. So all health staff especially who work in primary health care centres should pay attention to screen patients who had serum vitamin D level for also TSH levels and it is also useful for reverse conditions.