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The Role Of Vıtamın D Defıcıency In Obesıty

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Vitamin D deficiency, one of themostcommon vitamin deficiencies, is associatedwithmanychronicdiseasesincludingobesity [1].Therearemanystudiesexaminingthe link between vitamin D deficiencyandobesity [2,3].Inthesestudies, it is reportedthat vitamin D deficiencytriggersthe serum calciumlevelandincreases serum parathyroidhormonelevel [2,4,5].Increasedparathyroidhormoneactivityleadstoincreasedcalciumentryintofatcells, leadingtolipolysissuppressionandincreasedlipogenesis [2,4]. It is lsoreportedthathyperparathyroidism, whichresults in vitamin D deficiency, may be associatedwith body weightgain [5].Anotherpossiblemechanism is thatdeficiency of vitamin D mayincreasethe risk of obesityandmetabolicsyndromebycausinginsulinresistance [5,6].It has beenreportedthatthemajority of thesestudieshave a positiverelationshipbetween vitamin D deficiencyandobesitydevelopment [2,7].In a studybyVimaleswaran et al. (2013) evaluatingthedata of 42, 024 people, therelationshipbetween vitamin D deficiencyandbody massindexwasassessed.Increasedbody massindexat theend of thestudywasassociatedwithdeficiency of vitamin D [8].Anotherstudy in which serum vitamin D levelswereassessedbyparticipantsagedbetween 20 and 35 with 13 obeseand 13 normal body weightsrevealedthat serum vitamin D levelswerelower in obeseparticipantsthan in thosewith normal body weight($p<0.05$) [9].Instudiesinvestigatingthe D vitamin levels of 58 obeseindividuals, it wasdeterminedthatthelack of vitamin D wasstatisticallysignificantwithincreasingbody massindexwithoutsignificanteffect on parathyroidhormone($p<0.05$) [7].Inconclusion, vitamin D deficiencymay be one of the risk factors of obesitydevelopmentwithmanydifferentmechanismsmentioned.Inthetreatment of obesity, determination of serum vitamin D levelsandelimination of deficiencies can helpthetreatment plan.

Biography:

Mehmet Arif İÇER wasborn in Turkey in 1990. He hassuccessfullycompletedthedepartment of nutritionanddietetics at Erciyes University. He is continuing hisgraduateeducation at Gazi University. heworked at variousinternationalcongresses. He haspublished a different poster reportcalled "Kidney Stone Formation: CranberryFruit", "Can Bitter Melon be Used in theTreatment of DiabetesMellitus ?","InThe Role of CaffeıneIntakeınKıdney Stone Formatıon", "the role of vegetable / fruıtconsumptıonınkıdneystoneformatıon".

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