Tytu?: Deficyty/niedobory witaminy D u mieszka?ców zachodnich regionów Bia?orusi cierpi?cych z powodu patologii sercowo?naczyniowej. / Vitamin D deficiency/insufficiency among residents of the Western Region of Belarus suffering from cardiovascular pathology.

S?owa kluczowe: choroba niedokrwienna serca nadci?nienie t?tnicze witamina D
Keywords: arterial hypertension ischemic heart disease vitamin D

Autorzy:
V.A. Snezhitskiy - Grodno State Medical University, Belarus

L.V. Yankovskaya - Educational institution „Grodno State Medical University”, Grodno, Belarus

V.V. Povorozniuk - D.F. Chebotarev Institute of Gerontology of National Academy of Medical Sciences of Ukraine

N.I. Balatskaya (Balatska) - D.F. Chebotarev Institute of Gerontology of National Academy of Medical Sciences of Ukraine

S.A. Lyalikov - Grodno State Medical University, Belarus

L.V. Kezhun - Grodno State Medical University, Belarus

I.V. Karaulko - Grodno State Medical University, Belarus

Streszczenie:

Meta-analizy publikowane w ostatnich latach wskazuj? na zwi?zek mi?dzy stanem zaopatrzenia organizmu w witamin? D a ryzykiem rozwoju choroby sercowo-naczyniowej. Badanie przeprowadzono w grupie 135 osób w wieku 59,65 ± 8,16 lat, zamieszkuj?cych zachodnie obszary Bia?orusi. W efekcie przeprowadzonych bada?, stosuj?c kryteria diagnostyczne Holick’a deficyt witaminy ujawniono u 78% pacjentów, niedobór u 17% pacjentów a jedynie 4.5% pacjentów by?o zaopatrzonych prawid?owo w witamin? D. Wy?szym warto?ciom ci?nienia skurczowego towarzyszy?y niskie warto?ci 25(OH)D < 17 nmol/l. Ujawniono odwrotne korelacje mi?dzy 25(OH) D a mas? cia?a, BMI, ci?nieniem rozkurczowym.

Abstract:

Cardiovascular diseases (CVD) are an actual problem of the national health service as well as worldwide. Consequently, many countries in the world appear to have vitamin D deficiency/insufficiency, and data of the recent meta-analyses suggest vitamin D to be a new risk factor of CVD. We performed a clinical and diagnostic examination of 135 residents of the Western Region of Belarus with arterial hypertension (39,3%) and is chemic heart disease (IHD) (60,7%), 34 males and 101 females aged 59,65 ± 8,16 years and 28 practically healthy individuals.

Results.
By Holick MF classification vitamin D deficiency was determined in 78% of the examined individuals, vitamin Dinsufficiency – in 17% and sufficiency – in 4,5%. There were no significant differences in frequency of 25(OH)D deficiency/insufficiency depending on the diagnosis. The level of 25(OH)Din blood plasma lower than 17 nmol/l is associated with elevated systolic blood pressure. Inverse correlations were established between the 25 (OH) D plasma level and body mass, body mass index, heart rate, diastolic blood pressure. In the IHD group there was a direct correlation relationship between the 25(OH)D plasma level and the index of endothelium dependent vasodilatation.