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### Original Report

#### Prevalence of Vitamin D Deficiency among Female Students in Secondary Guidance School in Yazd City

Mehrdad Shakiba\*<sup>1</sup>, Zahra Nafei<sup>2</sup>, Mohammad Hassan Lotfi<sup>3</sup>, and Ahmad Shajari<sup>1</sup>

1 Department of Pediatric Nephrology, Shahid Sadoughi Hospital, School of Medicine, Shahid Sadoughi University of Medical Sciences, Yazd, Iran

2 Department of Pediatric, Shahid Sadoughi Hospital, School of Medicine, Shahid Sadoughi University of Medical Sciences, Yazd, Iran

3 Department of Clinical Epidemiology, Shahid Sadoughi Hospital, School of Medicine, Shahid Sadoughi University of Medical Sciences, Yazd, Iran

#### Corresponding Author:

Mehrdad Shakiba

Department of Pediatric Nephrology, Shahid Sadoughi Hospital, School of Medicine, Shahid Sadoughi University of Medical Sciences, Yazd, Iran

Tel: +98 21 88247824, 913 1518475, Fax: +98 21 66231299, E-mail: Shakiba@ssu.ac.ir

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#### Abstract:

Vitamin D is essential for growth and vitamin D deficiency is important issue in adolescent girls as they have a limited rapid growth period .This cross sectional study was done on 167 female students in secondary guidance school in 2006. Growth Parameters, taking supplementary vitamin D, using sunscreen creams and the type of housing and their avoidance from exposure to sunlight was recorded. Symptoms such as weakness, muscle pain, cramp and early fatigability were asked. 25-Hydroxyvitamin D was measured by RIA method, level less than 20ng /ml was considered as deficiency and less than 8ng/ml as sever deficiency. Study showed only 67 girl(40%) have normal vitamin D level,60% suffered vitamin D deficiency (95% CI 52.3-67.5) and 21% out of them suffered sever deficiency (95% CI 14.8-27.2).No correlation existed between vitamin D level and BMI in our students.There was a correlation between taking supplementary vitamin D and the serum level of 25-Hydroxyvitamin D (P <0.05) . People living in the houses with yards had higher vitamin D (P <0.05). People who run away from the sun light exposure for any reason have lower vitamin D level significantly (P <0.0001).There is no correlation between symptoms such as weakness, myalgia, cramp and vitamin D level (P >0.05)

Present study showed that despite the fact that Yazd is a sunny city most of the days even in winter; prevalence of vitamin D deficiency among growing female is concerning and requires preventive interference.

#### Keywords:

Vitamin D deficiency , sunlight exposure

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