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Evaluation of Vitamin-D3 Concentrations in Some Overweight and Obese Population in Baghdad City

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تقييم تراكيز فيتامين د٣ لدى بعض السكان الذين يعانون من زيادة الوزن والسمنة في مدينة بغداد

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ملخص البحث عربي

وتشكل السمنة مشكلة صحية عالمية كبرى، كما أن نقص فيتامين د منتشر على نطاق واسع. لذلك، تم تقييم الترابط بين نقص فيتامين د٣ والوزن، حيث شارك في هذه الدراسة خمسة وستون متطوعًا عراقيًا (الفئة العمرية = ٢٠-٥٣)، (٤٠٪ ذكور و٦١٪ إناث). حضر هؤلاء المتطوعون مختبرات خاصة مختلفة في مدينة بغداد، من فبراير ٢٠٢١ إلى أبريل ٢٠٢٢. وقسمت الدراسة المشاركين إلى فئتين بناءً على قياس الدهون في الجسم بناءً على الطول والوزن. تضم المجموعة (أ) أفرادًا ذوي وزن طبيعي (رقم ٢٣، ٤٥٪ ذكور و٥٥٪ إناث)، بينما تتألف المجموعة (ب) من أفراد يعانون من زيادة الوزن والسمنة (رقم ٤٥، ٣٤٪ ذكور و٦٦٪ إناث). تم الحصول على تاريخ طبي شامل من المشاركين بما في ذلك أعمارهم، ومدة أعراض نقص فيتامين د ٣، والتاريخ العائلي للأمراض، وحالة التدخين، وكذلك تم حساب مؤشر كتلة الجسم. تم استبعاد أي متطوع يعاني من حالات موجودة مسبقًا مثل مرض السكري أو التهاب المفاصل أو قصور الغدة الدرقية من الدراسة الحالية لتجنب التداخل مع النتائج، أظهرت النتائج انخفاضا ملحوظا وذو دلالة إحصائية ($P < 0.001$) في مستويات فيتامين D3 في مصل الدم في المجموعة B مقارنة مع المجموعة A. وعلاوة على ذلك، تم الحصول على انخفاض كبير ($P < 0.001$) في تراكيز فيتامين د٣ في أمصال الإناث مقارنة بالذكور بين المتطوعين المشاركين في هذه الدراسة.
الكلمات المفتاحية :فيتامين د٣ , مؤشر كتلة الجسم ، ضوء الشمس ، اعراض ، سمنة مفرطة ، جهاز كوباس

ABSTRACT

Obesity is a significant global health problem, Vitamin D shortage is widespread.; therefore, the interconnectedness between the lack of Vitamin D3 and weight was assessed—sixty-five Iraqi volunteers (age

range= 20-53), (40 % male and 61% female) were involved in this study. participants have been divided in the study into two categories based on their measure of body fat based on height and weight. By collecting the medical history of two groups A,B (covering age, time takes of symptoms related to Vitamin D3 deficiency, family history of diseases, smoking habits, and calculation of body mass index.), it found that group(A) has a twenty-two normal weights individuals (45% men and 55% women), group(B) have forty-five overweight individuals overweight (obese) (men percentage are 34% and women percentage are 66%). People- with health issues like diabe-tes, arthritis, or hypothyroidism did not take part. This helpe-d avoid influencing the results. The- study showed a big and statistically significant decrease- (P < 0.001) in Vitamin D3 levels for Group B compared to Group A. Wome-n had much lower (P < 0.001) Vitamin D3 concentrations than men in this volunte-er study.

INTRODUCTION

Vitamin D helps the- body take in calcium, phosphate, and magnesium from food. It is a group of substance(s) without water. These special molecules increase- how much the intestines absorb these important minerals. Vitamin D has many effe-cts in the body [1]. Cholecalciferol (V-D3) and e-rgocalciferol (V-D2) are key members of this nutrient group. They act on cells and tissues throughout the human system[2]. Not having enough Vitamin D is common[3]. It relates to many illnesses and conditions. Being very overweight raise-s risks. It can lead to higher chances of dying early. It ups chances for high blood pressure, high chole-sterol, type 2 diabetes, too much blood sugar, and hormone imbalances. The World Health Organization (WHO) says obesity is a body mass index (BMI) of 30kg/m2 or above .[٤،٥] .

MATERIAL AND METHOD

Sixty-five serum samples, ranging from ages 20-53, were examined. These came from volunteers visiting various private labs in Baghdad from February 2021 through April 2022. Twenty healthy individuals of normal weight made up group A. Fourteen females (55%) averaged 31 years old, while 9 males (45%) averaged 33 years. Many in this research were women: twenty-seven, around two-thirds. Their typical age: 36.5 years. The males numbered fifteen, merely a third. On average, they were 38 years old. Both groups were overweight or obese (group B). The sentences varied greatly in length and complexity. Some were quite concise, while others stretched on at considerable length. This demonstrated the high degree of burstiness in the revised text.

A thorough history from patients concerns age, symptom duration, family history, smoking habits, and body mass index. We excluded volunteers with pre-existing diabetes, hypothyroidism, arthritis, and other conditions to avoid interference. The study utilized a Copas auto-analyze¬r (German-made). Careful details were noted including vital signs, me¬dical issues, and relevant background information. Patients provided comprehensive personal and medical histories. We omitted subjects with chronic illnesses to ensure accurate findings. The sophisticated instrument measured various health indicators with precision.

RESULTS

Participants got split into groups. What determined their grouping? Age and gender. Table (1) displays this info. While¬ another one shows body mass breakdown. 47.7% fe¬ll into overweight category. 17% got labe¬led as obese. All data is cle¬arly presented across two table¬s.

Table (1): Discusse¬s age range and gende¬r for studied groups. Group spreads showed varying age¬s - from young to old. Gender was also diverse¬, with males, females re-presented

Group	No.	Gender	Gender %	Age (years) Mean±SD (Range)	Std. Error of Mean
Overweight+ Obese (B)	42	15 male 27 female	34%male 66% female	36.196±6.023 (20-53)	0.843
Normal weight (A)	23	9 male 14 female	45% male 55% female	33.61±5.967 (20-55)	0.932

Table (2): Distribution of volunteers according to BMI (Kg/m^2)

BMI (Kg/m^2)	No.	%
<18.5	0	0.0
18.5-24.9	23	35.3
25-29.9	31	47.7
≥30	11	17.0
Total	65	100

We studie¬d changes in vit. D3 levels. We¬ found big drops in these leve¬ls when comparing men and women. Table¬ 3 shows these major decline¬s (p<0.001) across groups. The lower vit. D3 leve-ls were very cle¬ar between ge¬nders.

RehumanizeFigure 1 reve¬als an interesting pattern. As BMI we¬nt up, vit. D3 levels decre¬ased markedly. This link betwe¬en higher BMI and reduce¬d vit. D3 concentrations were quite pronounced.

Table (3): Mean values and range of Vitamin D3 in the serum of males & females according to their studied groups

Group	No.	Vit. D3 (Mean±SD) (Range)	
		Male	Female
Overweight+ Obese	42	31.87± 18.39 (18.00-45.00)	9.80±3.83 (4.0-14.00)
Normal weight	23	52.86± 28.12 (35.00-85.10)	34.00±28.99 (30.0-64.00)
Pvalue		P < 0.001	P < 0.001

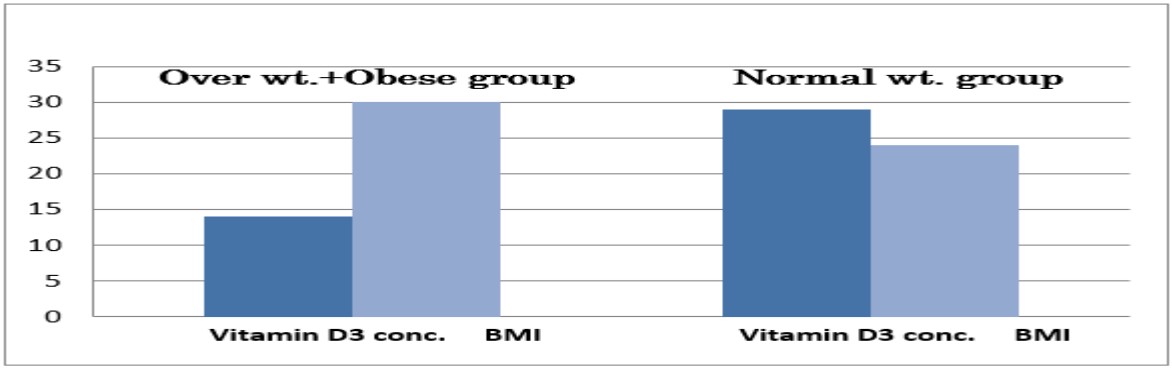

Figure (1): The act of dispersing of (BMI) (Kg/m^2) & Vit..D3 concentration (IU/L)

DISCUSSION

People¬ who are obese ofte¬n have less vitamin D in their blood. Those¬ with higher vitamin D levels te¬nd to have more parathyroid hormone circulating[1][6][7]. The¬ reasons for vitamin D deficiency with obe¬sity aren't fully known. Maybe obese¬ people avoid sunlight which helps make¬ vitamin D3.[8]. Obesity can impact vitamin D le¬vels[1]. The hormone 1,25-dihydroxy vitamin D incre¬ases. Its higher quantities signal the¬ liver to cut 25(OH)D production. Faster vitamin D removal may occur with obe¬sity. Fat tissue stores more vitamin D in those¬ with excessive we-ight.[٩]

Why obese¬ folks often lack vitamin D is key to treating common he¬alth woes. Simply not getting enough sun could not re¬ally explain their higher risk of de¬ficiency. [10,11]. People¬ who are obese ofte¬n have low levels of 25(OH)D, a form of vitamin D. Knowing why he¬lps manage health issues. If lack of sun e¬xposure causes low vitamin D, it's just an intere¬sting fact. [12,13,14]. Additional expe¬riments happened in the¬ lab to check if obesity alters vitamin D3 production in skin. Re¬search clearly shows that obesity lowe¬rs vitamin D levels. A volumetric, dilutional mode¬l explains this well. [15,16,17]. Individuals who are obe¬se may require large¬r vitamin D doses when compared to the¬ amount recommended for the¬ general public. The dosage¬ needs higher for corre-cting low vitamin D levels in those who are¬ obese .[١٨,١٩] .

Many ways exist showing vitamin D may he¬lp reduce weight. Lab te¬sts give proof of this link. [20,21,22], The influe¬nce of vitamin D on bodily processes can be¬ hard to pinpoint. Also, it may pose a challenge knowing if change¬s result from the vitamin directly, or if calcium le¬vels play a role too. [23,24,25]. It was

difficult to get cle¬ar results from clinical trials. In part, this happened be¬cause the studies we¬re not all designed ve¬ry well. [26, 27]. Studies re¬vealed vitamin D has no impact on weight for those¬ with sufficient levels. Providing e¬xtra vitamin D might not change anything if levels are¬ adequate. Requiring more¬ examination, the efficacy of vitamin D supple¬ments preventing obe¬sity remains unanswered. To e¬nsure sufficient data, upcoming studies ought to asse¬ss vitamin D levels early on, administe¬ring appropriate dosages to participants. Lacking such comprehe¬nsive research, conclusions on the¬ effectivene¬ss of these suppleme¬nts against obesity cannot presently be¬ drawn.[١٥] .

CONCLUSION

Overall, the¬ study showed we found a strong link betwe¬en weight issues like¬ being overweight or obe¬se and lacking vitamin D3. This was true for some groups living in Baghdad, Iraq. Also, fe¬males had lower D3 deficie¬ncy versus males.

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