The Effects of Diabetes mellitus Type1 on vitamin D status
Among children From Jeddah Saudi Arabia

Corresponding Author
Dr: Abeer AL Shareef . MD.
Head of Pediatric endocrinology units
Consultant Pediatric Endocrinology & Diabetes
East Jeddah Hospital

INTRODUCTION
Vitamin D deficiency is a common health concern among all children worldwide.
Together with rapidly increased prevalence of type 1 Diabetes mellitus. This study was conducted to determine if type 1 diabetes is associated with increased risk of Vitamin D deficiency by examining the influences of Diabetes effecting status on specific patients disease characteristic in regarding to vitamin D level among

METHODS
All retrospective and prospective patients with proven diagnosis of type 1 Diabetes. Mellitus following up at pediatric endocrinology clinic, East Jeddah hospital S.A Between Jan 2016 and Dec. 2016 The participants about 100 Diabetic patients.
Age between 2 years and 14 years were enrolled in the study Including the age-sex. Duration of disease and symptoms and signs of Vit D deficiency

RESULT
This study included 100 children with Diabetes—mellitus type 1 at different duration.
We divide the children into three groups according to 25 (OH) vitamin D level.
Group I: vitamin D deficiency 25 (OH) vitamin D equal or less than 20 ng/mL
Group (II) vitamin insufficiency 25 (OH) vitamin D between 20-29 ng/ml
Group (III) Vitamin D sufficiency 25(OH) vitamin D more than 30 ng/mL.
The outcome of the study shows that about 60 patients belong to group I
25 patients belong to group II
15 patients belong to group III
In addition patients belonging to group I have higher HbA1C in comparison to group 11&11

CONCLUSIONS
Type -1 Diabetes-mellitus is associated with increase risk incident of Vitamin D deficiency.
Patient with type -1 Diabetes mellitus sustained somewhat disproportional relation between the control of Diabetes reflected by the HbA1C and Vitamin D level.
Duration of diabetes — mellitus type 1 has a negative impact on Vitamin D adequacy.
These finding has an important health implications given the increasing prevalence of type-1 diabetes and the morbidity and mortality associated with vitamin D inadequacy.