VITAMIN D AND TYPE 1 DIABETES MELLITUS IN CHILDREN

Harjoedi Adji Tjahjono
Endocrinology Division Pediatric Department, Saiful Anwar General Hospital, University of Brawijaya, Malang, East of Java, Indonesia

BACKGROUND
The understanding of the effects and role of vitamin D and its analogues in the functioning of body tissues, systems and organs has improved substantially over the last decade. The potential extra-skeletal role of vitamin D has been a rich area of interest and research over the last decade. Vitamin D deficiency has been implicated in a variety of chronic diseases, including bone mineral disease, autoimmunity, cancer, and diabetes. Many epidemiological studies have found high prevalence of vitamin D deficiency in children with type 1 diabetes mellitus, suggesting a strong relationship between the two.

OBJECTIVE
Aims of this study were to measure 25 hydroxy vitamin D (25 OHD) level in type 1 diabetes mellitus and to compare them with 25 hydroxy vitamin D (25 OHD) levels in non-diabetic subjects at the same period.

METHODS
A cross sectional study was carried out between 2018 - 2019. This study including 40 patients with type 1 diabetes mellitus at Saiful Anwar Hospital, Malang, Jawa Timur and 40 children non-diabetic control children. Clinical data 25OHD serum level were collected and measured with Enzyme-linked Immuno Assay (ELISA) method. A serum plasma 25(OH)D concentration of <20 ng/ml was considered as deficiency, a concentration between 21 and 29 ng/ml as insufficiency, and a plasma concentration above 30 ng/ml as normal (sufficient).

RESULTS
The mean serum 25OHD in type 1 diabetes mellitus children was 20.35 ± 5.28 ng/ml (range 1.07 – 28.64 ng/ml) and in the controls was 29.46 ± 4.07 ng/ml (range 2.86 – 33.3 ng/ml). The mean serum 25OHD in type 1 diabetes mellitus children was lower than that of controls ($P=0.69$).

CONCLUSION
Children with T1DM have lower vitamin D levels than control group.

KEYWORDS
Vitamin D, type 1 diabetes mellitus, children and adolescents.