



# DEFICIENCY OF 25-(OH) D-VITAMIN IN ADOLESCENTS WITH OBESITY

*M. Matveeva, J. Samoylova*

Siberian State Medical University, Tomsk

**The aim:** to evaluate the level of 25 (OH) D - vitamin in obese adolescents living in the South of Russia

## Material and methods:

### Control Group

10 healthy adolescents, aged  $15,0 \pm 0,47$   
(5 boys and 5 girls)

### Basic Group

20 patients with obesity, aged  $15,5 \pm 0,3$  years  
(10 boys and 10 girls)

Clinical and metabolic examination

Obesity was calculated by body mass index

Level of 25- (OH) D - vitamin was studied in the laboratory by ELISA (nmol / l)

The fasting blood glucose, fasting insulin insulin resistance index (HOMA) was estimated

Statistical processing was carried out using an application software package R-system

## Results:

### Stage of obesity

### Level of 25- (OH) D - vitamin

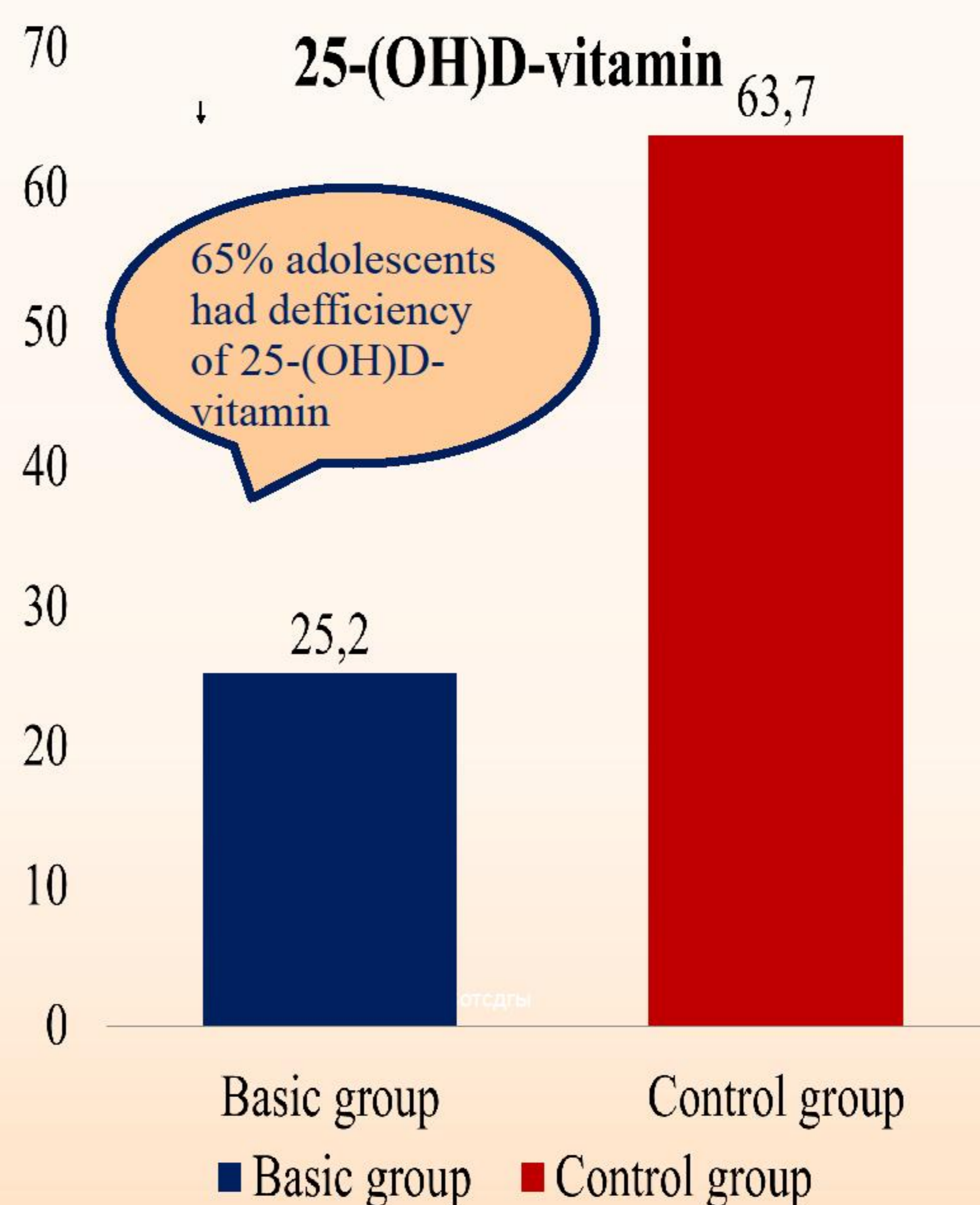
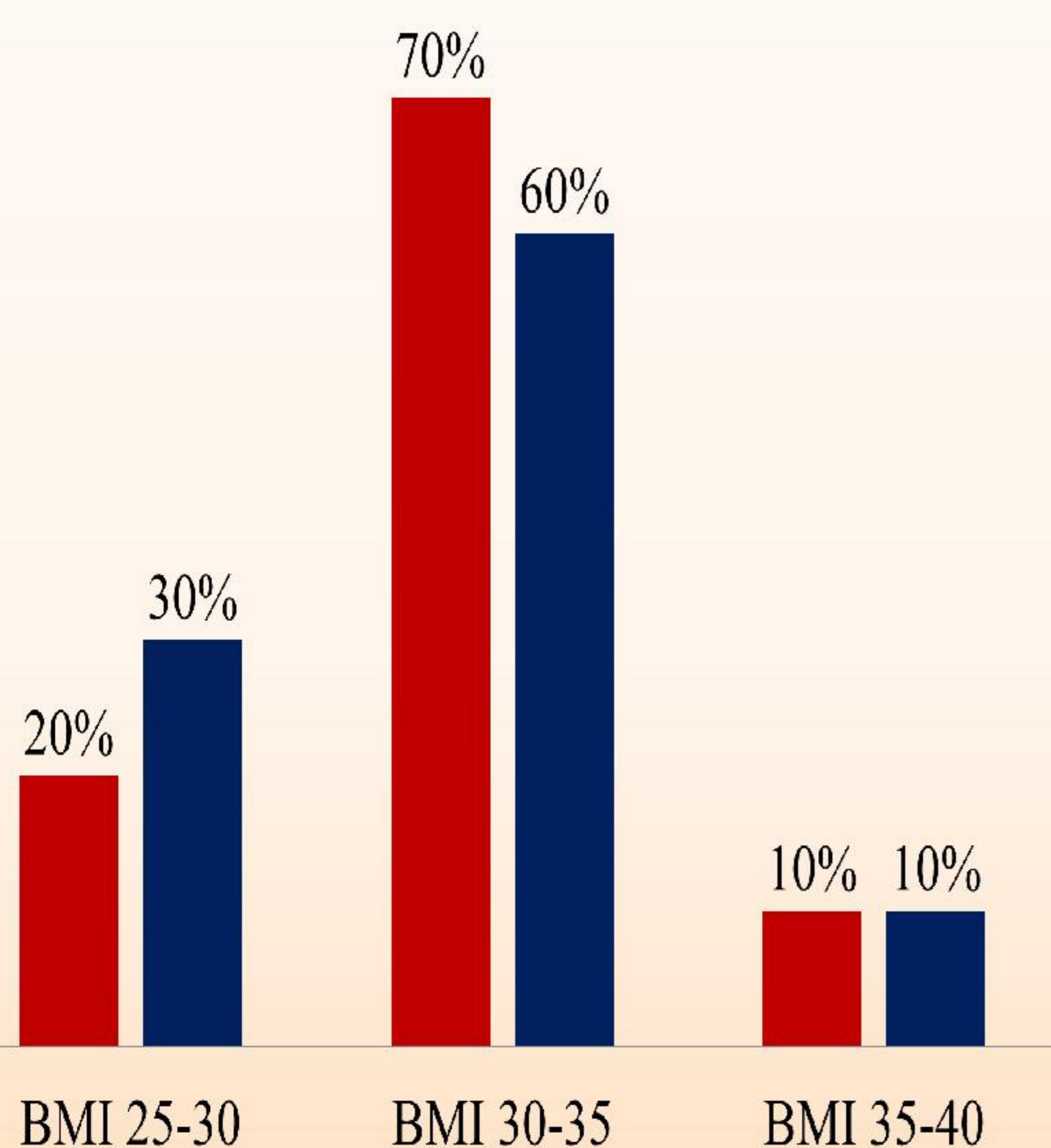
### Insulin resistance

HOMA index was  $3,4 \pm 0,14$

### Correlations

the level of 25 (OH) D - Vitamin and the degree of obesity, as well as index HOMA

■ boys ■ girls



## Conclusion:

In adolescents with obesity and insulin resistance showed a reduction in the level of 25 (OH) - vitamin D, despite the South place of residence.

