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25-OH vitamin D level among female MBBS and nursing students of AIIMS Raipur with menstrual irregularities

Vinita Singh and Neelam Tamar

All India Institute of Medical Sciences-Raipur, India

Vitamin D has important role in various parts of the body, especially in the bones. Vitamin D receptor is also expressed in the ovary, placenta and the uterus. Lower vitamin D has been related to premenstrual syndrome, uterine fibroids, dysmenorrhoea and early menarche. Anti-Müllerian hormone (AMH) is a glycoprotein that is secreted by granulosa cells in the ovary and hence plays an important role in follicular recruitment and follicular development in adult females. The promoter region for the gene encoding anti-Müllerian hormone (AMH) also contains a functional vitamin D response element (VDRE) and calcitriol in turn regulates its expression thereby vitamin D has its control on ovarian function and menstrual cycle regularity. Hence, indirectly lower 25(OH)D may interfere with regular menstrual cycles leading to irregular periods. We conducted a cross sectional observational study in a tertiary care, teaching hospital located in central India, AIIMS Raipur. The participants were recruited from the female nursing and MBBS students at AIIMS Raipur of all the batches over two months period. Set proforma were distributed among all the students for recruitment of cases for our study. Fasting blood samples were collected in plain red vacutainer, serum 25-OH vitamin D were measured of all the participants who fell into the inclusion criteria of our study. Lower levels of 25(OH) vitamin D were associated with irregular menstrual cycles among female students. Counseling and advice were given regarding supplementation with vitamin D so as to normalize menstrual cycle and to improve ovarian folliculogenesis and ovulation.

ddvinitasingh@gmail.com