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**Effect of vitamin D deficiency in pregnant women attending local clinics in Nairobi**

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A pandemic in the name of vitamin D deficiency has been generally labelled as people who have serum vitamin D levels below 30 ng/ml. We have found that levels below 60 ng/ml have been implicated in symptoms that resolve upon supplementation. In pregnancy, levels below 60 ng/ml would proportionately increase the risk of spontaneous abortion and poor fetal growth. It would also be strongly associated with poor progesterone level progression in early pregnancy in 60% of the population, with a much higher likelihood of experiencing APH.

Deficiency was more prevalent in cases multiparity and in mothers with younger age. Ethnicity of mothers seemed not to play a large role in the prevalence of deficiency, though the Asian ethnicity was slightly more at risk of the deficiency than African ethnicity.

**Biography**

Mazaher Jaffer is Associate prof. Clinical medicine, Mount Kenya University, Nairobi Campus, MKU Towers, Moi Ave, Nairobi, Kenya.

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