

## SYMPTOMS ASSOCIATED WITH LOW LEVELS OF VITAMIN D IN COLOMBIAN PATIENTS WITH RHEUMATOLOGIC DISEASES

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**Background:** Latin American population multicenter studies have found prevalence of hypovitaminosis D between 30% and 40%. The normal reference range for vitamin D in the human population have multiple variables and are not standardized for different populations, however, has determined that sufficient minimum range of 25OH vitamin D must be greater than 32 ng / ml (80nmol / L).

**Objective:** Describe the main symptoms associated with low levels of vitamin D in a population of Colombian patients.

**Methods:** Included patients from private practice of Rheumatology in Bogota who had low levels of vitamin D, between November 2011 and October 2012 to analyze which were the most common symptoms for which consulted.

**Results:** We analyzed 328 adult patients (Total 625), with low levels of vitamin D. 86% female, mean age 56.4 years , symptom duration at the time diagnosis was  $10.5 \pm 6.8$  months. These patients had multiple diseases simultaneously: Osteoarthritis 63% , Osteoporosis 54%, Fibromyalgia 52 % , Rheumatoid Arthritis 32% , Autoimmune Diseases 13%, Other 15%. The main symptoms were 92% inexplicable pain from other causes , 86% fatigue 84% myalgia,, 42% depression, 38% loss of libido, 16% cognitive impairment, others 18% . The levels of vitamin D in this patients were  $<4$  to 18.5 ng / ml (30 -100mg/ml VR). All patients were studied the possibility of other diseases such as kidney failure, liver diseases, chronic diarrhea. None had any of these conditions. 14% showed hypocalcaemia. In 6 patients with levels  $<4$ , had secondary hyperparathyroidism. The most common causes of low vitamin D levels were: lack of exposure to sunlight and low intake of foods rich in vitamin D for gastrointestinal intolerance. In the male population was found in 22 patients high intake of alcohol.

**Table 1. Clinical characteristics of patients**

Characteristic	n= 328
Sex, female	86%
Age, years ( mean)	56.4 years
Symptoms duration ( months)	$10.5 \pm 6.8$
Others diseases	63% Osteoarthritis 54% Osteoporosis 52%, Fibromyalgia 32% Rheumatoid Arthritis, 28% Others
Symptoms	92% Unexplained Pain From Other Causes 86% Fatigue 84% Myalgia 42% Depression, 38% Loss Of Libido 34% Other

**Conclusions:** This population 52.48% of patients had low levels of vitamin D. The main symptoms were unexplained pain from other causes, fatigue and myalgia, in all cases refractory to conventional therapy. We conclude that it is important to determine levels of vitamin D in rheumatology patients with risk factors in order to start treatment early and avoid long term complications.



