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Vitamin D level in patients of ischemic stroke in India

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Introduction: Vitamin D deficiency has been reported to contribute to the risk of cardiovascular disease, especially stroke. There is paucity of literature in vitamin D levels in stroke patients from India. Hence the study was undertaken to study vitamin D level in ischemic stroke patients and correlation with its severity and its association with risk factors of stroke.

Method: The study was a non-randomized, observational study between January 2013 and January 2014. 100 consecutive patients with ischemic stroke fulfilling inclusion and exclusion criteria were taken as cases.

Result: Out of 100 cases, 57% were male mean age was 59.5 ± 11.2 in years. Major risk factors associated were hypertension (61%), smoking (57%), diabetes (36%), obesity (31%), dyslipidemia but only dyslipidemia was statistically significant with low vitamin D level ($P < 0.05$). Out of 52 moderate stroke cases, 25 cases (75.8%) and 26 cases (51%) of moderate stroke were vitamin D insufficient and vitamin D deficient respectively. 20 (out of 20) cases of moderate/severe stroke had vitamin D deficiency. In severe stroke category (14 cases), 5 cases (9.8%) had deficiency and 9 (90%) cases had severe deficiency. Vitamin D level was significantly correlated with severity of stroke ($P < 0.001$). We found that, there was higher mean NIH stroke scale (25.3) for lower vitamin D level & normal vitamin D level cases had NIHSS of 3.5 ($P < 0.001$).

Conclusion: We found that lower vitamin D level is associated with increased severity of ischemic stroke and dyslipidemia.

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