

Vitamin D- the Best Thing Under the Sun?

D Vitamini Güneş Altındaki En İyi Şey Mi?

Mo Hameed Thoufeeq



Cite this article as: Thoufeeq MH. Vitamin D- the Best Thing Under the Sun? Eurasian J Med 2017; 49: 228.

Consultant Physician and Gastroenterologist,
Sheffield Teaching Hospitals, Sheffield, United Kingdom

Received: January 13, 2017

Accepted: July 24, 2017

Correspondence to: Mo Hameed Thoufeeq

E-mail: Mo.thoufeeq@gmail.com

DOI 10.5152/eurasianjmed.2017.17185

©Copyright 2017 by the Atatürk University School of Medicine - Available online at www.eurasianjmed.com

The article on vitamin D by Dogru entitled "Vitamin D Therapy and Fibromyalgia" was read with great interest. This article highlights an important point: vitamin D is beneficial in various conditions. Vitamin D deficiency is now considered to be a pandemic, with approximately 1 billion people estimated to be affected by it. [1]

Vitamin D deficiency has been found to be associated with fibromyalgia. [2] It will be interesting to know the authors' opinions about the hypothesis that vitamin D deficiency is involved in the pathogenesis of Fibromyalgia syndrome (FMS), particularly when reported in people with normal vitamin D levels. This is also particularly relevant when various scores such as fibromyalgia impact questionnaire (FIQ), Beck depression inventory (BDI), visual analog scale (VAS), Arizona sexual experience scale (ASEX), SF-36 [36-item short form survey] were not statistically different among people with or people without vitamin D deficiency. Besides, if there is a link, there is likely to be a seasonal variation in the symptoms of FMS. The difficulty also exists with a disagreement among societies from different countries about the normal range of vitamin D. There is speculation that vitamin D supplementation can be attempted in FMS patients with normal but "lowish" levels of vitamin D.

Vitamin D deficiency is very prevalent among dark-skinned individuals; [3] did the study group include a heterogeneous population or were all individuals pale-skinned? If a heterogeneous population was included, it will be important to know if there was any variation in response to supplementation among the different groups.

Peer-review: Externally peer-reviewed.

Conflict of Interest: No conflict of interest was declared by the authors.

Financial Disclosure: The authors declared that this study has received no financial support..

References

1. Holick MF. Vitamin D deficiency. N Engl J Med 2007; 357: 266-81. [\[CrossRef\]](#)
2. Bhatti SA, Shaikh NA, Irfan N, Kashif SM, Vaswani AS, Sumbhai A. Vitamin D deficiency in fibromyalgia. J Pak Med Assoc 2010; 60: 949-51.
3. Plotnikoff GA, Quigley JM. Prevalence of severe hypovitaminosis D in patients with persistent, nonspecific musculoskeletal pain. Mayo Clin Proc 2003; 78: 1463-70. [\[CrossRef\]](#)