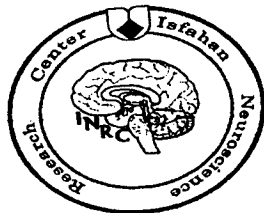


دانشگاه علوم پزشکی و خدمات بهداشتی درمانی استان اصفهان
دانشکده پزشکی



با همکاری مرکز تحقیقات علوم اعصاب اصفهان

عنوان: بررسی مقایسه ای سطح ای ۲۵- هیدروکسی ویتامین D در بیماران مبتلا و غیر مبتلا به مولتیپل اسکلروز

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خلاصه :

مقدمه :

بیماری مولتیپل اسکلروز (MS) یک بیماری اتوایمیون مزمن است که مشخص می شود با ماهیت دمی‌لنیتایو که عمدتاً خانمهای بزرگسال جوان را درگیر می کند . با شیوعی حدود (دو برابر آقایان) . دو دسته مهم از ریسک فاکتورها برای بیماری MS مطرح شده است . یکی ژنتیک و یکی محیطی . سه دسته اصلی فاکتور خطر محیطی مهم مطرح است : هیپو ویتامینوز D و سابقه عفونت با ویروس ابشتاین بار (EBV) و سیگار کشیدن ، که هر سه با هم اثرات جمع شونده دارند . تا بحال مطالعه کاملی از جهت ارتباط بین سطح ویتامین D و MS در اصفهان انجام نشده است . لذا در این بررسی ، سطح سرمی 25(OH)VitD را در بیماران MS اندازه گیری و آن را با افراد نرمال جامعه مقایسه کرده ایم . این مطالعه در اصفهان (منطقه مرکزی ایران) انجام شده ، در منطقه ای که میزان فراوانی MS علیرغم وجود میزان کافی آفتاب متوسط تا بالا است .

روش مطالعه:

یک مطالعه Cross-sectional، case – control است که از ژولای ۲۰۰۸ تا ۳۱ ژولای ۲۰۰۹ انجام شد. در این مطالعه ۵۰ بیمار MS قطعی (بر اساس کراتیریای مک دونالد) و ۵۰ نفر افراد نرمال شاهد که از نظر جنس و سن با گروه بیمار مشابه بودند ، بررسی شدند.

محدوده سنی افراد تحت مطالعه ۵۵-۱۵ سال بود و افرادی وارد مطالعه شدند که EDSS کمتر از ۵ داشته باشند. تمام جمعیت تحت مطالعه هیچ بیماری در رابطه با ویتامین D و کمبود کلسیم نداشته و هیچگونه مکمل غذایی یا دارویی که حاوی کلسیم یا ویتامین D باشد دریافت نکرده بودند. سطح سرمی 25(OH)VitD را در هر دو گروه اندازه گیری کرده و میانگین آن را در دو گروه بر اساس Independent T – test مقایسه شدند. در ضمن افراد تحت مطالعه به سه گروه کمبود ویتامین، سطح ناکافی و سطح نرمال ویتامین D تقسیم شده و در دو گروه بر اساس سن و جنس طبق آزمون chi-square مقایسه شدند.

نتایج:

در این مطالعه ۴۲ زن و ۸ مرد در هر دو گروه بصورت غیر تصادفی آسان انتخاب شده که از نظر سن نیز تفاوت معنی داری نداشتند. ($P_V > 0.05$). متوسط سطح سرمی 25(OH)VitD در گروه بیماران و شاهد به ترتیب 48 nmol/L و 62nmol /L بود که تفاوتی معنی داری داشت ($P_V=0.036$). همچنین در مطالعه ما نشان داده شد که تفاوت محسوسی بین دو گروه بر اساس نسبت کمبود، سطح ناکافی و سطح نرمال ویتامین D وجود دارد ($P_V=0.02$).

نتیجه و بحث :

مطالعه ، نشان داد که نتایج مشابه با آنچه که در اروپا و آمریکای شمالی بدست آمده ، می باشد . که نمایانگر پائین تر بودن سطح سرمی ویتامین D در بیماران MS نسبت به جامعه نرمال است . که این نتایج علیرغم وجود میزان تشعشع کافی نور خورشید در ناحیه اصفهان بدست آمده است . لذا لازم است بررسی جامعتر دیگری برای بررسی سایر علل احتمالی دیگر که باعث کمبود سطح سرمی ویتامین D در بیماران است صورت گیرد .

کلید واژه ها :

سطح سرمی 25(OH)VitD ، مولتیپل اسکروز .

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