



Levels of Vitamin D and their Association with Complications of Type 2 Diabetes Mellitus

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ABSTRACT (upto 300 words)

Introduction: Type 2 diabetes mellitus is a non communicable disorder associated with hyperglycemia. It is associated with various micro and macro vascular complications. Vitamin D a stercoesterol is an important molecule associated with many skeletal and extra skeletal functions in the body. Vitamin D maintains glucose homeostasis and has an important role to play in manifestations of various complications.

Material and Method: The present study comprised of one hundred patients of diabetic complications compared with one hundred normal individuals. All the subjects were investigated for blood glucose, Glycated haemoglobin, lipid profile and vitamin D

Results: Glycemic control and lipid profile was deranged in patients with complications of type 2 diabetes mellitus. Levels of vitamin D were significantly decreased in patients as compared to controls. Moreover 73% of the patients were deficient in vitamin D.

Conclusions: Vitamin D acts through various non skeletal pathways and helps to regulate glucose. In the current study it showed negative correlation with Glycated Haemoglobin, Triglycerides and Cholesterol thus indicating that maintaining vitamin D levels can delay the onset of diabetic complications.

BIOGRAPHY (upto 200 words)

Dr. Sukhraj Kaur Dhillon born in the year 1968 did her post graduation in Biochemistry with distinction and is a gold medalist in her subject. She joined the current assignment in the year 1991 and is currently working as Assistant Professor and Head Biochemistry at Government Medical College, Amritsar, Punjab (India), where Dr. Sukhraj is teaching biochemistry to undergraduates and post-graduates, guides post-graduate and doctoral students in their research projects. Dr. Sukhraj has completed her PhD research project on 'Diabetes Mellitus' (pertaining to lifestyle modifications). She has, to her credit, 30 National and International publications in journals of good standing and repute. She has presented her research work in various National and International conferences and has won numerous awards and recognitions. Her research interests include diabetes and its complications, thyroid dysfunction and coronary artery disease. Presently she is working on an ICMR project related to diabetes. Her passion of teaching made her a keen learner also which is evident from the fact that she did her Advanced Course in Medical Education and is fulfilling the responsibility of member of Medical Education Unit of her Institute. Apart from being an avid researcher and a disciplined teacher, she is kind hearted, encourages her students to interact with her for clarification of their doubts. She is god fearing and a lover of art.

Diabetes and Endocrinology

November 21-23, 2022 | Paris, France

<https://www.diabetes.scientexconference.com/>



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