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RISK FACTORS AND VITAMIN D DEFICIENCY IN THE ELDERLY

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Vitamin D is an important factor in the pathogenesis of various diseases. The aim of the study was to determine the plasma concentration of 25-hydroxy vitamin D among elderly population and assess the risk factors associated with this deficiency. The study included 80 people over the age of 50. In the control group, 38 people living at home and in the experimental group, 42 institutionalized residents were included. The plasma values were measured on immunological analyzer. The questionnaire provided information about risk factors, health status and nutrition. Residents had a lower concentration of 25-hydroxyvitamin D than

those living at home. The concentration was higher with vitamin D rich diet, sun exposure and in physically active individuals. The effect of vitamin D on low haemoglobin level, platelet count, osteoporosis and falls was not confirmed. According to our study, low levels of vitamin D in plasma are associated with certain disease conditions. We believe the elderly population may benefit from proper follow-up, treatment, the awareness of vitamin D deficiency, healthy living and active aging.

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