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CORRELATION BETWEEN 25-HYDROXYVITAMIN D STAUTS AND BODY COMPOSITION, PHYSICAL ACTIVITY AND INSULIN RESISTANCE

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Vitamin D is known to reduce insulin resistance trough its effect on calcium and phosphorus metabolism and through regulation of the insulin receptor gene. Besides, vitamin D is a fat-soluble substance and people who have high body fat need higher doses of vitamin D for the optimal body in need. Previous analysis conducted in 58 obese adolescents demonstrated that a 1% increase in fat weight was associated with a 1.15 ± 0.55 nmol/L reduction in serum calcifediol. Thus, there is a need in studying dependence of 25-hydroxyvitamin D (25 (OH) D) on patients' fitness, physical activity and insulin resistance in order to understand the necessity of cholecalciferol prescription for the correction of these metabolic disorders.

The aim of the study was to examine the relationship between vitamin 25 (OH) D content in serum and body composition, physical activity and insulin resistance. 35patients (15 females, 20 males) aged 28.1 ± 6.3 years were enrolled into the study between February-March 2021 and provided written consent to use their data. Protocol of examination included the following data: