Vitamin D (25 Hydroxy) status in patients with recurrent oral aphthous ulcers

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Objective

To evaluate the vitamin D (25 Hydroxy) status in patients with recurrent oral aphthous ulcers

Methodology

Fifteen patients with recurrent oral aphthous ulcers were selected for the study and a control group of thirteen patients were evaluated. Patients who were on immunosuppressive treatment and who had been diagnosed with other oral ulcers were excluded from the study. The serum vitamin D (25 Hydroxy) level was measured in each participant.

Results

Study group had 65% females and 35% males and the control group had 61% females and 39% males. The mean age was 56 years in the study group and 53 years control group. In the study group, the mean serum vitamin D (25(OH)D) level was found to be 15.51 ng/ml. Vitamin D levels of the study group shows, 35.6% participants were diagnosed with the "normal" vitamin D levels, while 44.2% had “insufficient” levels and 20.2% had “deficient” levels. The distribution in the control group was 67.1% normal level, 27.3% insufficient level and 5.6% deficiency respectively.

Study shows there was a statistical significant difference in the vitamin D level between the study group and the control groups.