

## “ROLE OF VITAMIN- D IN MANAGEMENT OF TYPE- 2 DIABETES MELLITUS PATIENTS AND ITS FUTURE PROSPECTS”

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Article Received on  
13 Dec 2015,

Revised on 03 Jan 2016,  
Accepted on 23 Jan 2016

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### ABSTRACT

**Introduction:** Type-2 Diabetes Mellitus is a globally prevalent disease. Over the past decade, the relationship of vitamin D deficiency to the risk of developing **Type -2 DM** and the risk for diabetic complications has been of great interest to scientists. The aim of the present study is to determine vitamin D status among Type-2 diabetics Patients and examine the relationship between vitamin D status and level of glycemic control. **Material And Method:** The study group comprises 55 confirmed case of **Type-2 DM** patients, whose (Fasting Blood Glucose level > 126 mg/dl) were selected from the OPD & IPD of Teerthanker Mahaveer Medical College & Research Centre, Moradabad. 40 healthy volunteers, who were matched age and sex with the diabetic patients, were served as controls. In both the groups'

blood sample were collected and analyzed for Fasting Blood Sugar (FBS), HbA<sub>1c</sub>, Vitamin – D and Serum Calcium. Prior to start of study Informed consent would be taken from each subject. **Results:** The mean levels of serum vitamin D and serum calcium of **Type -2 DM patients** were significantly lower as compared to the normal subjects and this difference is statistically significant (**p < 0.001**). **Conclusion:** On the basis of result obtained from present study we conclude that low serum level of vitamin- D and Calcium play major role in pathogenesis of Diabetes and related complications. So supplementation of vitamin D with