Abstract

Objective: evaluating 25-hydroxy vitamin D (25-OH vitamin D) serum levels in non-menopausal, menopausal and postmenopausal in females and their relationship with dome risk factors. Materials and methods: this was an analytical, cross-sectional study of 113 females chosen consecutively when attending external consultation at a third-level hospital. Three groups were formed: group A, pre-menopausal aged 20-30 (n=40); group B, menopausal aged 45-55 (n=40); and group C, postmenopausal aged >65 (n=33) The levels of 25-OH vitamin D were compared in serum by ELISA and the relationship with smoking, exposure to the sun and physical activity during the last three months. Results: 76% of the females had low 25-OH vitamin D (<25 nmol/L) levels; 80% of the females in group A had low levels compared to 77.5% from group B and 69.7% from group C (p=0.57). There were significant differences between the means of group B¿s 25-OH vitamin D values compared to those of group A and C. Analysis of risk factors for reducing 25-OH vitamin D serum levels revealed no significant differences. Conclusions: in spite of our geographical location in the tropics, females from age groups evaluated in this study had low 25-OH vitamin D levels.

Keywords

Vitamin D, 25-hydroxy vitamin D, menopause.