Vitamin D - the Best Thing Under the Sun?
D Vitamini Güneş Altındaki En İyi Şey Mi?

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The article on vitamin D by Dogru entitled “Vitamin D Therapy and Fibromyalgia” was read with great interest. This article highlights an important point: vitamin D is beneficial in various conditions. Vitamin D deficiency is now considered to be a pandemic, with approximately 1 billion people estimated to be affected by it. [1]

Vitamin D deficiency has been found to be associated with fibromyalgia. [2] It will be interesting to know the authors’ opinions about the hypothesis that vitamin D deficiency is involved in the pathogenesis of Fibromyalgia syndrome (FMS), particularly when reported in people with normal vitamin D levels. This is also particularly relevant when various scores such as fibromyalgia impact questionnaire (FIQ), Beck depression inventory (BDI), visual analog scale (VAS), Arizona sexual experience scale (ASEX), SF-36 [36-item short form survey] were not statistically different among people with or people without vitamin D deficiency. Besides, if there is a link, there is likely to be a seasonal variation in the symptoms of FMS. The difficulty also exists with a disagreement among societies from different countries about the normal range of vitamin D. There is speculation that vitamin D supplementation can be attempted in FMS patients with normal but “lowish” levels of vitamin D.

Vitamin D deficiency is very prevalent among dark-skinned individuals; [3] did the study group include a heterogeneous population or were all individuals pale-skinned? If a heterogeneous population was included, it will be important to know if there was any variation in response to supplementation among the different groups.

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References