Letter to the Editor

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Vitamin D test results in a public hospital in mid-January
Bir devlet hastanesinin Ocak ortası Vitamin D testi sonuçları

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Antalya is a city in the south coast of Anatolia, famous for its long beaches and sunny sky. However, our natives seem to have no privilege of the endemic deficiency of vitamin D, a molecule which human body is capable of producing via internal chemical sources and sun light. A retrospective analysis showed that our laboratory gave 1438 vitamin D test results requested by the doctors of our hospital between 14 and 21 January in 2019. Only 80 results were higher than the accepted lower normal range (30 ng/mL) and 2 of them were above the toxic level; all of which were follow-up patients using vitamin D supplements.

Frequently asked questions about the use of vitamin D were answered in another paper [1]. After all written and discussed: it is understood that vitamin D normal values are still a matter of debate. Particularly in our hospital, vitamin D requests in mid-January served nothing but a confirmation that every patient with a pre-diagnosis of vitamin D deficiency was vitamin D deficient. In other words, our results once again defined an endemic of hypovitaminosis D.

25-OH vitamin D test is expensive and vitamin D test requests are growing out of control. Besides laboratory expenses, studies showed that in 2012, 2,280,626 boxes of vitamin D were sold in our country, which rose to 8,376,319 in the first 8 months of 2016 [1], prompting the public misunderstanding that Vitamin D is a cure for every existing disease. According to the same paper, less than 1/10 of the drugs used were prescribed. Finally (and of great concern), there are papers interpreting levels above 50 ng/mL as ‘possibly harmful’ [2, https://www.cdc.gov/nchs/data/databriefs/db59.pdf]!

References


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