

Short Communication

We must Attention to Serum Vitamin D Deficiency in Patients Who Needs Rehabilitation

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Today's with improvement of health conditions in developed countries the number of old peoples are increasing. One of the most important health problem of them is vertigo and falling.

Among the causes of vertigo and falling, benign paroxysmal positional vertigo (BPPV) and muscles weakness are important factors and perhaps the most important of them.

Unfortunately the main approach in these conditions is physiotherapy and vertigo rehabilitation exercises. Recurrence of vertigo and falling after primary rehabilitation exercises are frequent, because we have not attention to the all causes of vertigo and falling and condition that induces these symptoms.

One of the causes of idiopathic BPPV and falling is vitamin D deficiency; most cases of BPPV are idiopathic with recurrent attacks in about 15% of patients. Today's vitamin D deficiency is an international health concern, that causes many disease as osteoporosis, autoimmune disease, cancer,, muscle weakness and vertigo [1].

Vitamin D has antiproliferative effect and in those who has nasal polyposis, vitamin deficiency is one of important factors [2].

Investigators have found that vitamin D can cause immunomodulation and modulation of other hormonal systems [3].

Pellicane in a research found that in 67% of patients that needs rehabilitation, the serum vitamin was insufficient or deficient [4]. This result denotes the prevalence of vitamin deficiency in patients.

BPPV is the most common neuro-ontological disorder that causes vertigo [5]. This disorder accepted that is caused by dislodged otoconia [6]. One of the causes of dislodgement of otoconia is osteoporosis [7], and the effect of vitamin D on osteoporosis has been established [8].

Researchers found that vitamin supplementation reduces risk of falling in elder peoples and bone fractures [9] and recurrence and intensity of vertigo [10-11]. Many studies have shown a correlation between vitamin D deficiency and recurrence of BPPV [12-13], other study show vitamin D deficiency associated with increase of BPPV [14].

Vitamin D deficiency has many signs and symptoms and among them, vertigo and muscle weakness and neurological disorder and heart disease are very important for rehabilitation program, so attention to measuring serum vitamin in patients who needs rehabilitation is very important and supplementation of vitamin will help the outcome of rehabilitation programs and wellbeing of patients.

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