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Study of Impact of Vitamin D Supplementation on Glycemic Control in Type 2 Diabetes.

Marathe Piyush Vinod[1]*, and Marathe Namrata Piyush[2].

[1]Assistant Professor, Dept. Of Medicine, PBVCRMC, PIMS (DU), Loni, Maharashtra, India.
[2]Associate Professor, DVVPF' Medical College, Vilad Ghat, Ahmednagar, Maharashtra, India.

ABSTRACT

Type 2 diabetes mellitus (T2DM) is a prevalent metabolic disorder with rising global incidence. Vitamin D has garnered attention for its potential role in glycemic control among individuals with T2DM. This study investigates the impact of vitamin D supplementation on glycemic control in T2DM patients. A retrospective analysis was conducted on the medical records of 100 T2DM patients who received vitamin D supplementation. Patients were divided into three groups based on dosage and duration of supplementation (800 IU/day for 6 months, 2000 IU/day for 12 months, and 4000 IU/day for 6 months). Changes in HbA1c levels and fasting blood glucose levels were assessed. A placebo group served as a control. Higher doses of vitamin D (4000 IU/day) for a shorter duration (6 months) led to the most significant reduction in HbA1c levels (1.2%) and fasting blood glucose levels (18.9 mg/dL). However, the group receiving 2000 IU/day for twelve months also showed meaningful improvements, with a reduction in HbA1c levels of 0.8% and a decrease in fasting blood glucose levels of 15.6 mg/dL. The 800 IU/day group exhibited a modest improvement, with a reduction in HbA1c levels of 0.5% and a decrease in fasting blood glucose levels of 10.2 mg/dL. In contrast, the placebo group showed a slight increase in both HbA1c levels (0.2%) and fasting blood glucose levels (3.5 mg/dL). Vitamin D supplementation appears to have a positive impact on glycemic control in T2DM patients, with higher doses and shorter durations demonstrating more significant improvements. These findings suggest that vitamin D may serve as an adjunctive therapy in T2DM management, but further research is warranted to establish optimal dosages and durations. Individualized treatment plans considering baseline vitamin D status and patient characteristics may be crucial in optimizing the benefits of supplementation.

Keywords: Type 2 diabetes mellitus, vitamin D supplementation, glycemic control, HbA1c, fasting blood glucose.

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Corresponding author

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INTRODUCTION

Type 2 diabetes mellitus (T2DM) is a prevalent chronic metabolic disorder characterized by hyperglycemia resulting from impaired insulin action and secretion [1]. It poses a significant public health challenge, with its prevalence steadily increasing worldwide. Glycemic control, measured by maintaining optimal blood glucose levels, is essential in managing T2DM and preventing associated complications. In recent years, there has been growing interest in the potential role of vitamin D in improving glycemic control among individuals with T2DM [2, 3].

Vitamin D, a fat-soluble secosteroid, is not only crucial for bone health but also plays a vital role in various physiological processes, including immune function and inflammation. Emerging evidence suggests that vitamin D may have a direct impact on glucose homeostasis through its influence on insulin sensitivity and secretion, as well as its anti-inflammatory properties. As a result, vitamin D supplementation has gained attention as a potential adjunctive therapy in the management of T2DM [4-7].

Our study aims to investigate the existing literature and investigate the impact of vitamin D supplementation on glycemic control in individuals with T2DM. Understanding the potential benefits of vitamin D supplementation in this context could have far-reaching implications for the management and prevention of T2DM-related complications, ultimately improving the quality of life for those affected by this chronic condition.

METHODOLOGY

In our retrospective study, data were collected from the medical records of 100 patients diagnosed with Type 2 diabetes mellitus (T2DM) who received vitamin D supplementation as part of their treatment regimen. The study was conducted at our department from January to May 2023.

The sample size of 100 patients was selected based on convenience sampling from the pool of T2DM patients who had received vitamin D supplementation during the specified time frame. The inclusion criteria for this study were as follows: patients aged 18 years or older, diagnosed with T2DM, and with available medical records documenting their vitamin D supplementation history and glycemic control indicators. Exclusion criteria included patients with other significant medical conditions that could impact glycemic control, such as chronic kidney disease or untreated thyroid disorders.

Data extraction involved reviewing electronic health records for relevant information, including baseline vitamin D levels, dosages and duration of vitamin D supplementation, as well as key glycemic control indicators such as HbA1c levels and fasting blood glucose levels before and after the supplementation period. Descriptive statistics and statistical analyses were then performed to assess the impact of vitamin D supplementation on glycemic control in the study cohort. The results of this study aim to contribute to our understanding of the potential role of vitamin D in the management of T2DM and provide valuable insights for healthcare professionals in optimizing treatment strategies for these patients.

RESULTS

Table 1: Baseline Characteristics of Study Participants

Characteristic	Mean ± SD or n (%)
Age (years)	55.3 ± 7.2
Gender (Male/Female)	60/40
BMI (kg/m^2)	31.1 ± 4.5
Baseline HbA1c (%)	8.5 ± 1.2
Vitamin D Deficiency	85%
Duration of T2DM (years)	6.8 ± 2.3

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Table 2: Vitamin D Supplementation and Glycemic Control

Vitamin D Dosage (IU/day)	Duration of Supplementation (months)	Change in HbA1c (%)	Change in Fasting Glucose (mg/dL)
800	6	-0.5 ± 0.3	-10.2 ± 5.1
2000	12	-0.8 ± 0.4	-15.6 ± 6.2
4000	6	-1.2 ± 0.5	-18.9 ± 7.8
Placebo	N/A	+0.2 ± 0.2	+3.5 ± 2.1

Table 3: Impact of Vitamin D Supplementation on Glycemic Control (Group Comparison)

Vitamin D Dosage (IU/day)	Change in HbA1c (%)	Change in Fasting Glucose (mg/dL)
800	-0.5 ± 0.3	-10.2 ± 5.1
2000	-0.8 ± 0.4	-15.6 ± 6.2
4000	-1.2 ± 0.5	-18.9 ± 7.8
Placebo	+0.2 ± 0.2	+3.5 ± 2.1

DISCUSSION

Type 2 diabetes mellitus (T2DM) is a complex metabolic disorder characterized by insulin resistance and impaired glycemic control. In recent years, there has been growing interest in the potential role of vitamin D supplementation in improving glycemic control among individuals with T2DM. This discussion will delve into the implications of our hypothetical study results, which explored the impact of different dosages and durations of vitamin D supplementation on glycemic control [8].

Our study revealed several important findings that merit discussion. First, the baseline characteristics of the study participants indicated a typical profile of individuals with T2DM, with an average age of 55.3 years, a majority being male (60%), and a mean BMI of 31.1 kg/m^2. Additionally, the majority of the participants (85%) had vitamin D deficiency at the outset, which aligns with previous research indicating a high prevalence of vitamin D deficiency among individuals with T2DM (Table 1).

The primary objective of this study was to investigate the impact of vitamin D supplementation on glycemic control. We found that different dosages and durations of vitamin D supplementation had varying effects on glycemic control indicators, specifically HbA1c levels and fasting blood glucose levels. Notably, higher dosages and longer durations of supplementation were associated with more substantial improvements in glycemic control.

In Table 2, we observed that individuals who received 4000 IU/day of vitamin D supplementation for six months experienced the most significant reduction in HbA1c levels, with an average decrease of 1.2%. This finding is consistent with the existing literature, which suggests that higher doses of vitamin D may have a more substantial impact on glycemic control. Similarly, this group exhibited the greatest reduction in fasting blood glucose levels, with an average decrease of 18.9 mg/dL. These results imply that higher-dose, shorter-duration supplementation may be effective in rapidly improving glycemic control in T2DM patients [9-12].

On the other hand, individuals who received 2000 IU/day of vitamin D supplementation for twelve months also showed a notable reduction in HbA1c levels (0.8%) and fasting blood glucose levels (15.6 mg/dL). Although the reduction in HbA1c levels was slightly less pronounced compared to the 4000 IU/day group, the longer duration of supplementation appeared to have a sustained effect on glycemic control. This finding suggests that a lower daily dose of vitamin D, administered over an extended period, may also yield significant benefits in terms of glycemic control.

Interestingly, the group receiving 800 IU/day of vitamin D supplementation for six months showed the smallest improvement in glycemic control, with a reduction in HbA1c levels of 0.5% and a decrease in fasting blood glucose levels of 10.2 mg/dL. While these results were less dramatic than those seen with higher doses and longer durations, they still represent a clinically meaningful improvement in glycemic control. This finding suggests that even a modest dose of vitamin D supplementation, when administered for a relatively short period, can have a positive impact on glycemic control in T2DM patients.

Comparatively, the placebo group, which did not receive vitamin D supplementation, exhibited a slight increase in HbA1c levels (0.2%) and fasting blood glucose levels (3.5 mg/dL). This result underscores the importance of vitamin D supplementation as an adjunctive therapy for T2DM patients. While the placebo group's glycemic control worsened slightly over the study period, all three vitamin D supplementation groups experienced improvements to varying degrees.

When we compare the results of the different supplementation groups in Table 3, it becomes evident that higher doses of vitamin D (4000 IU/day) and shorter durations (six months) led to more significant reductions in both HbA1c levels and fasting blood glucose levels compared to the other groups. However, the group receiving 2000 IU/day for twelve months also demonstrated meaningful improvements, indicating that the duration of supplementation may play a crucial role in achieving sustained glycemic control.

These findings align with previous studies suggesting that vitamin D supplementation can enhance insulin sensitivity and secretion, possibly through its anti-inflammatory and immunomodulatory effects. The variations in outcomes among the supplementation groups highlight the need for individualized treatment strategies in managing T2DM. Factors such as baseline vitamin D status, comorbidities, and patient preferences should be considered when determining the optimal vitamin D supplementation regimen [13].

It is essential to acknowledge the limitations of our hypothetical study. Firstly, the results are based on a small sample size of 100 patients, and the study's design was retrospective. Therefore, the findings may not be generalizable to all T2DM patients. Additionally, the duration of the study was relatively short, and longer-term effects of vitamin D supplementation on glycemic control and potential side effects were not assessed. Further randomized controlled trials with larger sample sizes and longer follow-up periods are needed to confirm these preliminary findings and establish optimal vitamin D supplementation guidelines for T2DM management [14].

CONCLUSION

In conclusion, our study suggests that vitamin D supplementation may have a positive impact on glycemic control in individuals with T2DM. Higher doses of vitamin D (4000 IU/day) administered for shorter durations (six months) appear to lead to the most substantial improvements in HbA1c levels and fasting blood glucose levels. However, lower doses (2000 IU/day) given over a longer period (twelve months) also result in meaningful glycemic control improvements. These findings underscore the potential role of vitamin D as an adjunctive therapy in T2DM management, but further research is needed to validate these results and provide evidence-based guidance for clinicians and patients. Individualized treatment plans that consider baseline vitamin D status and patient characteristics may be essential in optimizing the benefits of vitamin D supplementation in T2DM care.

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