

Evaluation of serum vitamin D levels in women with bacterial vaginosis

Leila Pirdel L., *^۱ Pirdel M.^۲

Abstract

Introduction: Bacterial vaginosis is the most common type of vaginitis in reproductive ages; it can be associated with many complications if not treated properly. In some studies, low levels of vitamin D have been associated with an increased incidence of bacterial infections. In this study, serum levels of vitamin D were investigated in women with bacterial vaginosis.

Methods: In the case-control study, 43 women with vaginal discharge complaints and 30 healthy individuals referred to the clinic were studied. A questionnaire was used. The diagnosis of bacterial vaginosis was made by using the Amsel criteria and the serum levels of vitamin D were measured by ELISA assay. Data were analyzed using descriptive statistics, Mann-Whitney and chi square test.

Results: The finding showed that 35% patients suffering from bacterial vaginosis had vitamin D deficiency and 44% had insufficient amounts of vitamin D, while 30% and 50% of control subjects had vitamin D deficiency and insufficiency, respectively. A decrease in serum vitamin D levels in the case group was shown. There was no statistically significant differences between the two groups ($P=0/263$).

Conclusion: In the present study, no association was found between vitamin D and bacterial vaginosis. Given the prevalence of vitamin D deficiency in the society as well as the high incidence of bacterial vaginosis in women, further studies are required to confirm this finding.

Key words: Am cell, Bacterial vaginosis, Vitamin, Women

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^۱ - Corresponding Author Department of Medicine, Ardabil Branch, Islamic Azad University, Ardabil, Iran, E-mail: lpirdel@iau-ardabil.ac.ir

^۲ - Department of Midwifery, Islamic Azad University, Astara Branch, Astara, Iran