Recurrent Falls in the Elderly Iranian Population: Does the 25-hydroxyvitamin D Level Matter?

Azam Bazrafshan
Department of Basic Sciences, Ponce Health Sciences University- School of Medicine, USA

***Corresponding author:** Azam Bazrafshan, Department of Basic Sciences, Ponce Health Sciences University-School of Medicine / Ponce Research Institute, Research Building, 395 Zona Industrial Benamda 2, Ponce, PR 00716-2347, USA, Tel: 12345678; E-mail: bazrafshan.a.83@gmail.com

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Abstract

Recurrent falls in the elderly population is a major public health concern. Vitamin D supplementation has been reported in reducing the risk of recurrent falls.

Those who reported recurrent falls were further asked about the frequency of falls. The mean (SD) age of the study population was 75 (8). Over half of the participants were male (57.3%). The mean (median) serum 25(OH)D concentration was 38 (34) ng/ml. Mean serum 25(OH)D levels varied little according to gender groups (P=0.450). Besides, an inverse but insignificant association was found between the age of participants and their serum 25(OH)D levels (r=-0.03, p=0.7). A similar but insignificant association was also found between the mean serum 25(OH)D level and the number of recurrent falls in elderly patients irrespective of their age, gender or physical activity groups (r=-0.1, p=0.3). In contrast to previous studies, no

suffered from an unintentional episode of falling; was evaluated after 6 month of tdʃ ʂ h

The aim of this study is to examine the association between 25(OH)D levels and recurrent falls among elderly participants who aged over 60 and