

THE RELATIONSHIP BETWEEN VITAMIN D DEFICIENCY AND OBESITY

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Abstract. *Nowadays, the obesity and the vitamin D deficiency present a significant increased prevalence worldwide. The consequences of obesity and vitamin D deficiency are numerous and reduce the quality of life. We have proposed to summarize the published research regarding the association between the obesity and the vitamin D deficiency and its different consequences. The association between obesity and level of vitamin D, although intensively studied, it is not fully known. Future research is needed to clarify this complex link between obesity and vitamin D deficiency.*

Keywords: obesity, vitamin D, oral lesion, restrictive diets

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INTRODUCTION

This review aims to study the association between the vitamin D deficiency and obesity, the role that supplementing the diet with vitamin D could play in the treatment of obesity as a complementary treatment to current medical strategies.

The relationship between deficiency of vitamin D and excess of adiposity has been widely studied in the last years both in children and adults [1].

The metabolite 25-hydroxy vitamin D (25(OH)D) represents the best biological marker to assess vitamin D status used in clinical practice, with diagnostic value for vitamin deficiency screening [1-3].

The National Romanian Vitamin D Deficiency Prevention Program recommends the following standards to define vitamin D status in healthy children and adolescents