ASSOCIATION OF VITAMIN D WITH FUNCTIONAL DYSPEPSIA- A NEW KID IN THE BLOCK?

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A case-control study of 150 functional dyspepsia patients and 150 controls found significantly lower vitamin D levels in cases, with hypovitaminosis D present in 73.3% of FD patients versus 60% of controls.

KEY POINTS

- Functional dyspepsia was diagnosed by ROME IV criteria, with post-prandial distress syndrome representing 69.3% of cases and epigastric distress syndrome 32%.
- Mean serum vitamin D was significantly lower in FD cases compared to controls (22.9 ± 18.3 versus 27.8 ± 17.5, p=0.009), with an odds ratio of 1.833 for hypovitaminosis D in FD patients.
- After adjusting for age, place of residence, and BMI, vitamin D levels remained significantly associated with functional dyspepsia in regression analysis (p=0.023).
- FD cases had significantly higher perceived stress scores than controls (p<0.001), lower mean BMI (21.2 versus 23.2), and were more likely from rural backgrounds (89.3% versus 74%).
- The authors suggest these findings indicate a possible role for vitamin D supplementation in FD management, though further research is needed.

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