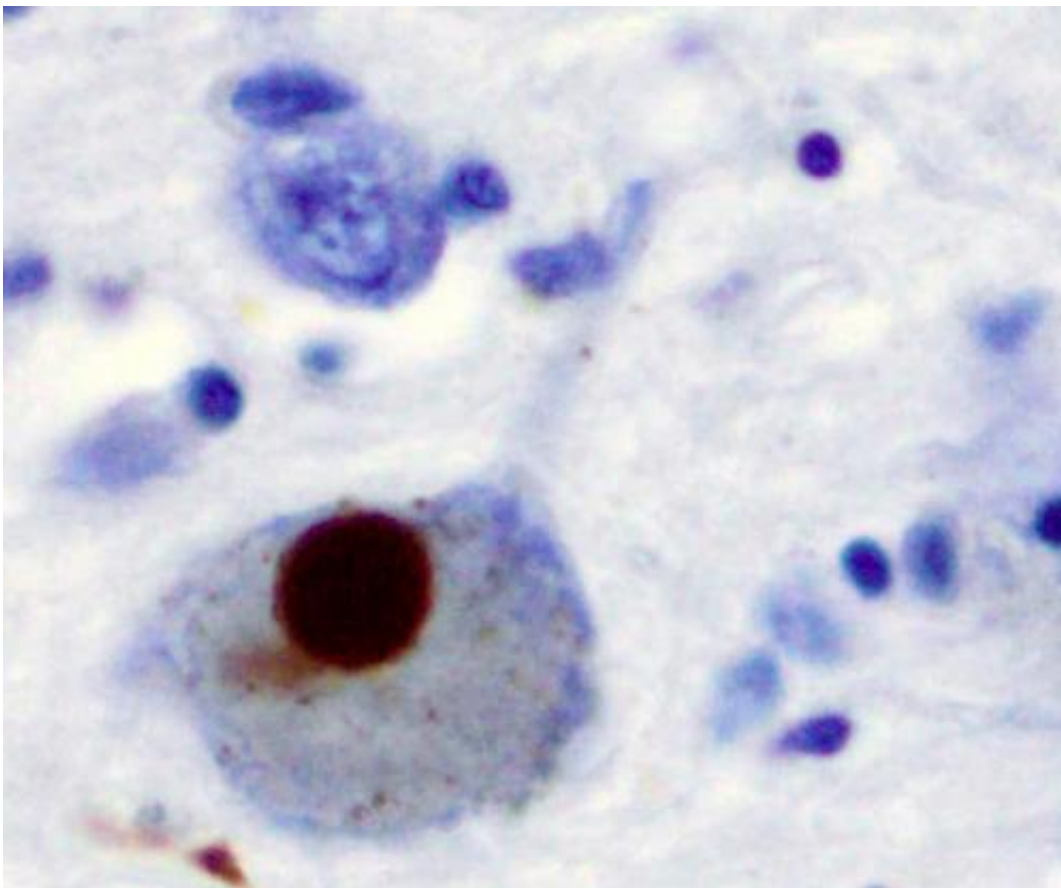


# Low vitamin D levels linked to non-motor symptoms in patients with Parkinson's disease

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Immunohistochemistry for alpha-synuclein showing positive staining (brown) of an intraneural Lewy-body in the Substantia nigra in Parkinson's disease. Credit: Wikipedia

In an *Acta Neurologica Scandinavica* study of 182 patients with Parkinson's disease and 185 healthy controls, patients with Parkinson's disease had significantly lower levels of vitamin D in their blood. Also, patients with lower vitamin D levels were more likely to fall, and to experience sleep problems, depression, and anxiety.

The findings suggest that vitamin D supplementation may help to treat non-motor symptoms associated with Parkinson's disease.

"As various non-[motor symptoms](#) place a burden on individuals with Parkinson's [disease](#) and their caregivers, vitamin D might be a potential add-on therapy for improving these neglected symptoms," said senior author Chun Feng Liu, MD, Ph.D., of the Second Affiliated Hospital of Soochow University, in China.

**More information:** Hui-Jun Zhang et al, Relationship between 25-Hydroxyvitamin D, bone density, and Parkinson's disease symptoms, *Acta Neurologica Scandinavica* (2019). [DOI: 10.1111/ane.13141](https://doi.org/10.1111/ane.13141)

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