

# Study finds over 80% of COVID-19 patients have vitamin D deficiency

October 27 2020

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Over 80 percent of 200 COVID-19 patients in a hospital in Spain have vitamin D deficiency, according to a new study published in the Endocrine Society's *Journal of Clinical Endocrinology & Metabolism*.

Vitamin D is a hormone the kidneys produce that controls blood calcium concentration and impacts the immune system. Vitamin D deficiency has been linked to a variety of health concerns, although research is still underway into why the hormone impacts other systems of the body. Many studies point to the beneficial effect of vitamin D on the immune system, especially regarding protection against infections.

"One approach is to identify and treat vitamin D deficiency, especially in high-risk individuals such as the elderly, patients with comorbidities, and nursing home residents, who are the main target population for the COVID-19," said study co-author José L. Hernández, Ph.D., of the University of Cantabria in Santander, Spain. "Vitamin D treatment should be recommended in COVID-19 patients with low levels of vitamin D circulating in the blood since this approach might have [beneficial effects](#) in both the musculoskeletal and the [immune system](#)."

The researchers found 80 percent of 216 COVID-19 patients at the Hospital Universitario Marqués de Valdecilla had vitamin D deficiency, and men had lower vitamin D levels than women. COVID-19 patients with lower vitamin D levels also had raised serum levels of inflammatory markers such as ferritin and D-dimer.

**More information:** José L Hernández et al. Vitamin D Status in Hospitalized Patients With SARS-CoV-2 Infection. *The Journal of Clinical Endocrinology & Metabolism*. 27 October 2020 DOI: [doi.org/10.1210/clinem/dgaa733](https://doi.org/10.1210/clinem/dgaa733)

Provided by The Endocrine Society

Citation: Study finds over 80% of COVID-19 patients have vitamin D deficiency (2020, October 27) retrieved 25 April 2024 from <https://medicalxpress.com/news/2020-10-covid-patients->

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