



Second paper

Title: Relation between Serum Vitamin D Levels and Activity of Multiple Sclerosis.

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Abstract

Background: Multiple sclerosis (MS) is a chronic disease of the central nervous system. Vitamin D level affect the risk of MS onset.

Objective: Evaluate the effect of vitamin D level on the clinical course of the disease.

Methods: Twenty two MS patients followed for one year. Clinical evaluation, serum 25 hydroxyvitamin D level measurement, and MRI evaluation were done for all patients.

Results: Patients with MS had vitamin D insufficiency. Patients with confirmed relapses had significantly lower serum vitamin D compared to patients without relapses. Serum vitamin D level inversely correlate with the clinical severity of the disease.

Conclusion: Vitamin D has a role in the clinical course and severity of MS disease.

Key words: Vitamin D, multiple sclerosis, vitamin D deficiency.