

ABSTRACT

Hepatitis C is the recurrent cause of chronic liver disease universally among the chronically infected patients. The study was conducted from October 2012 to August 2013 at King Edward Medical University, Lahore. A total of 100 patients with age range from 16-90 years with mean age of 38.75 ± 18.19 years full filling inclusion criteria (previous history of liver disease and HCV infection) and exclusion criteria (parathyroid disorders, congenital disease of bones, malabsorption and patients already taking vitamin D supplementation) recruited at various wards of the Mayo Hospital, Lahore were clinically examined for vitamin D deficiency in the study. Out of the total 100 cases reported 30 were females and 70 were males. Serum sample of patients for HCV infection and vitamin D status have been analyzed by ELISA. Serum vitamin D level was seen in 100 patients and compared with 100 healthy individuals. 79% of the infected patients showed insufficient level of vitamin D depicting high rate of deficiency. . No association of vitamin D level was observed with gender A negative co-relation of age was seen with vitamin D level, while a positive co-relation was seen between age and severity of disease vitamin D and severity of Disease were negatively co related with each other. Therefore low serum vitamin D level in CHC patients is co-related to severity of fibrosis. Hence, it was concluded that deficiency must be overcome through proper vitamin D supplementation and sensible sun exposure so that response of patients towards therapy should enhance. Further prospective studies are required to identify optimal vitamin D level in chronic liver disease patients.