

中文題目：維生素 D 缺乏和心血管疾病風險

英文題目：Vitamin D Deficiency and Cardiovascular Risk

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Vitamin D deficiency is now recognized to be highly prevalent worldwide, affecting between 30%~50% of the general population. In addition to its impact on bone health, the non-calcemic effect of vitamin D has attracted much attention in the past decade. Numerous studies suggest that hypovitaminosis D adversely affect the cardiovascular system, including activation of the renin-angiotensin-aldosterone system, increase of insulin resistance, and therefore leading to hypertension, diabetes, metabolic syndrome, and a modest increased risk of atherosclerosis and cardiovascular events. Although accumulating evidence suggest that a sufficient vitamin D status may protect against cardiovascular diseases, however, data from clinical trials available to date are unable to demonstrate a statistically significant reduction in mortality and cardiovascular risk associated with vitamin D.