

Lower Vitamin D Levels Associated With Increased Coronary Artery Disease Severity



A study presented at the American College of Cardiology's 63rd Annual Scientific Session reveals the finding of a correlation between declining vitamin D levels and increasing coronary artery disease (CAD) severity in a study of Italian men and women.*

The study included 1,484 subjects undergoing coronary angiography to evaluate arterial blood flow, which is impaired among those with atherosclerosis. Diameter reduction of **50%** or more in at least one coronary artery was considered diagnostic of coronary artery disease. Deficient serum vitamin D levels, defined as **20 ng/mL** or less, were uncovered in **70.4%** of the subjects, among whom some were severely deficient with values of less than **10 ng/mL**.

The presence of coronary artery disease was **32%** higher among those with vitamin D deficiency, and nearly **twice as high** among subjects with severely deficient levels compared with those whose levels were normal.

Editor's Note: Among those with deficiency, the risk of severe coronary artery disease affecting several vessels was **20%** higher than that experienced by nondeficient subjects.

—D. Dye

Reference

* American College of Cardiology's 63rd Annual Scientific Session and Expo. Washington, DC, Apr 29-31, 2014.