



SEARCH ...

SUBSCRIBE

Vitamin D Deficiency Linked With Increased COVID-19 Severity and Mortality

TOPICS: Bar-Ilan University COVID-19 Infectious Diseases Nutrition Popular Public Health Vitamins

By BAR-ILAN UNIVERSITY FEBRUARY 6, 2022

SciTechDaily: Home of the best science and technology news since 1998. Keep up with the latest scitech news via email or social media.

E-mail Submit



POPULAR ARTICLES



FEBRUARY 15, 2022

Moderate Calorie Restriction Rewires Metabolism, Immunity for Longer Health Span

Calorie restriction improves metabolic and immune responses that help determine both how long a person lives and how many years of good health they enjoy,...

READ MORE



Joint Bar-Ilan University, Galilee Medical Center study affirms that sufficient vitamin D levels may positively influence the outcome of infection.

Vitamin D is most often recognized for its role in bone health, but low levels of the supplement have been associated with a range of autoimmune, cardiovascular, and infectious diseases. Early on in the pandemic health officials began to encourage people to take vitamin D, as it plays a role in promoting immune response and could protect against COVID-19.

In a study published on February 3, 2022, in the journal *PLOS ONE* researchers from the Azrieli Faculty of Medicine of Bar-Ilan University in Safed, Israel and the Galilee Medical Center in Nahariya, Israel show a correlation between vitamin D deficiency and COVID-19 severity and mortality.

Creator Listening Enginge

Take full control of your influencer marketing car
Tagger

The records of 1,176 patients admitted between April 2020 and February 2021 to the Galilee Medical Center (GMC) with positive PCR tests were searched for vitamin D levels measured two weeks to two years prior to infection.

Patients with vitamin D deficiency (less than 20 ng/mL) were 14 times more likely to have severe or critical case of COVID than those with more than 40 ng/mL.

Strikingly, mortality among patients with sufficient vitamin D levels was 2.3%, in contrast to 25.6% in the vitamin D deficient group.

The study adjusted for age, gender, season (summer/winter), chronic diseases, and found similar results across the board highlighting that low vitamin D level contributes significantly to disease severity and mortality.

“Our results suggest that it is advisable to maintain normal levels of vitamin D. This will be beneficial to those who contract the virus,” says Dr. Amiel Dror, of the Galilee Medical Center and Azrieli Faculty of Medicine of Bar-Ilan University, who led the study. “There is a clear consensus for vitamin D supplementation on a regular basis as advised by local health authorities as well as global health organizations.”

Dr. Amir Bashkin, an Endocrinologist who participated in the current study, adds that “This is especially true for the COVID-19 pandemic when adequate vitamin D has an added benefit for the proper immune response to respiratory illness.”

“This study contributes to a continually evolving body of evidence suggesting that a patient’s history of vitamin D deficiency is a predictive risk factor associated with poorer COVID-19 clinical disease course and mortality,” said study co-author Prof. Michael Edelstein, of the Azrieli Faculty of Medicine of Bar-Ilan University. “It is still unclear why certain individuals suffer severe consequences of COVID-19 infection while others don’t. Our finding adds a new dimension to solving this puzzle.”

Reference: “Pre-infection 25-hydroxyvitamin D3 levels and association with severity of COVID-19 illness” by Amiel A. Dror, Nicole Morozov, Amani Daoud, Yoav Namir, Orly Yakir, Yair Shachar, Mark Lifshitz, Ella Segal, Lior Fisher, Matti Mizrahi, Netanel Eisenbach, Doaa Rayan, Maayan Gruber, Amir Bashkin, Edward Kaykov, Masad Barhoum, Michael Edelstein and Eyal Sela, 3 February 2022, *PLOS ONE*.

DOI: [10.1371/journal.pone.0263069](https://doi.org/10.1371/journal.pone.0263069)

[MedRxiv](#)

We recommend

More Evidence That Vitamin D Protects Against Severe COVID-19 Disease and Death
Mike O'Neill, SciTechDaily, 2021

COVID-19 Increases Risk of Pregnancy Complications
Mike O'Neill, SciTechDaily, 2022

Common Over-the-Counter Medication May Provide Relief for People With Long COVID-19 Symptoms
Mike O'Neill, SciTechDaily, 2022

13% Mortality Rate in Vaccinated Cancer Patients With Breakthrough COVID-19
Mike O'Neill, SciTechDaily, 2022

Genetic Link Discovered Explaining Why Some People Who Catch COVID-19 Don't Become Sick
Mike O'Neill, SciTechDaily, 2021

Vitamin D Might Lower COVID-19 Deaths
Robert Davidson Editor-in-Chief, US Pharmacist, 2020

Pre-infection vitamin D deficiency associated with increased severity and mortality among COVID-19 patients
by Bar-Ilan University, MedicalXpress, 2022

COVID-19 does not damage auditory system, study finds
MedicalXpress, 2020

Vitamin D3 to Treat COVID-19: Different Disease, Same Answer
David E. Leaf et al., Journal of American Medical Association, 2021

Efficacy and safety following bosutinib dose reduction in patients with Philadelphia chromosome-positive leukemias
Kota V et al. Leuk Res. 2021, Brought to you by Pfizer Medical affairs



Feeling Foggy? Your Brain Starving (Here's Why & Do About It)

Eat these 3 foods daily and watch w
Boston Brain Science



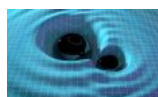
FEBRUARY 13, 2022

How Life Came to Earth – Quantum Mechanical Tunneling Effect Might Play a Role



FEBRUARY 13, 2022

Supercomputing Safe and Effective Carbon Capture and Storage



FEBRUARY 13, 2022

Gravitational Waves: LISA and the Detection of New Fundamental Fields – Is General Relativity Correct?



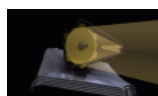
FEBRUARY 13, 2022

Sauro-Throat! First Evidence Discovered Indicating Respiratory Infection in a Dinosaur



FEBRUARY 13, 2022

JET Fusion Facility – At Temperatures 10x Higher Than the Center of the Sun – Sets a New World Energy Record



FEBRUARY 13, 2022

Fine Tuning the James Webb Space Telescope, a Different View of Venus [Video]



FEBRUARY 12, 2022

Hubble Space Telescope

Creator Listening Enginge

Take full control of your influencer marketing car

Tagger