



## Al-Kindy College Medical Journal (KCMJ)

### Letter to Editor

# Vitamin D deficiency/ insufficiency and some of its related factors in a sample of Iraqi pregnant women and their neonates at Al-Elwiya Maternity Teaching Hospital during 2019

Ali Abdul Razzak Obaid\*, Mohammed Jalal Hussein

Al-Kindy College of Medicine, University of Baghdad, Baghdad, Iraq.

\* Corresponding author: [aliabdulrazak@kmc.uobaghdad.edu.iq](mailto:aliabdulrazak@kmc.uobaghdad.edu.iq)

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Dear editor:

In their cross-sectional study, Al-Rubaye et al (1) studied the extent of vitamin D (VD) deficiency/ insufficiency factors affecting its degree, and the adverse outcomes of the altered VD status among a group of mothers and their neonates from Baghdad, Iraq. They found that 96.6% of the mothers had VD deficiency/ insufficiency compared to 86.4% in their neonates. Maternal VD levels and neonatal weights were significantly correlated with neonatal VD levels. (1) We believe that the study results need to be revised. This is based on the following two points.

First, the evaluation of VD status in a particular population necessitates the employment of a particular classification standard. Since there has been an inconsistent consensus in defining and classifying altered serum VD levels, various classifications have been developed such as the World Health Organization (WHO) classification, which is widely utilized and local classification. The authors mentioned that they classified VD status into the following groups: deficiency: < 10 ng/ml; insufficiency: 10 ng/ml - < 30 ng/ml; sufficiency: 30 ng/ml - < 100 ng/ml. (1) However, they didn't mention which classification standard they used in assessing VD status.

Second, Iraq has challenged numerous conflicts over the past few decades involving war, sanctions, corruption, violence, and poor administration. These conflicts have greatly influenced the nutritional status of the vulnerable groups in the Iraqi population, particularly the elderly, children, and pregnant. In particular, anemia, insufficient intake of iron and folic acid supplements, and defective dietary intake were reported to be prevalent among Iraqi pregnant. (2) The authors stated that they excluded from the study only pregnant with diseases and conditions influencing VD levels such as renal, bone, and gastrointestinal disorders and medications affecting VD metabolism. (1) Therefore, we believe that not excluding pregnant with nutritional disorders in the studied sample looks surprising.

## References

- [1] Al-Rubaye WEL, Al-Saeedy BAT, Al-Sattam ZMJA-KCMJ. Vitamin D deficiency/insufficiency and some of its related factors in a sample of Iraqi pregnant women and their neonates at Al-Elwiya Maternity Teaching Hospital during 2019. 2021;17(1):35-40.
- [2] Abdul-Fatah BN, Murshid RM, Ahmed TEJJoPS, Research. Assessment of Iron Deficiency Anemia (IDA)

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