

## Importance of Vitamin D: Editorial

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Researchers have thought that inflammation can be found in the basis of many diseases such as depression to cardiovascular diseases, cancer and autoimmune diseases [1-4]. C-reactive protein (CRP), erythrocyte sedimentation rate (ESR) and cytokines are used to detect inflammation [5]. Leukocyte count and neutrophil/lymphocyte (N/L) ratio have been reported that in demonstrating the inflammation process of chronic diseases [6].

Vitamin D measurement has increased exponentially all over the world in recent years [7]. However, the definition and limit values of vitamin D deficiency have still been discussed. Activation of vitamin D is provided by both genomic and non-genomic pathways. Genomically, it is activated by the binding of 1,25-(OH)<sub>2</sub>D<sub>3</sub> to a specific cytosolic/nuclear vitamin D receptor (VDR), a member of the steroid/thyroid hormone receptor superfamily and non-genomic activation of vitamin D is activated via the putative membrane vitamin D receptor (mVDR). This process is responsible for the rapid effects of vitamin D, and the VDR gene is located on chromosome 12q12-q14 in humans [2].

Vitamin D plays a role in many biological functions and this vitamin is relationship between regulatory functions in the immune system, nervous system and cardiovascular systems, from skeletal metabolism for bone growth to calcium homeostasis. Many studies have shown that vitamin D is linked with liver diseases, kidney, metabolic diseases, oncological diseases, Parkinson's disease, Alzheimer's disease, rheumatoid arthritis, diabetes, depression, and schizophrenia [1,6]. Although the relationship between vitamin D level and many diseases has been revealed, new research is needed. The effect of vitamin D on bone health and growth-development has detailed than the relationship between vitamin D and other body systems. For this reason, it is one of the important issues to provide education to the society about vitamin D and to determine the deficiencies in national health policies. In order to achieve this, it is thought that it will be useful to emphasize the importance of vitamin D and related factors throughout professional life, starting from the nursing education process.

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