

Vitamin D and Depression, Revealing the Hidden Link

O A Abou Zeid*

Editor and Assistant Professor of Neurology, Taibah University Medical School, Saudi Arabia

***Corresponding Author:** O A Abou Zeid, Editor and Assistant Professor of Neurology, Taibah University Medical School, Saudi Arabia.

Received: February 01, 2017; **Published:** February 03, 2017

No matter where you are while reading this piece of article you might be surprised by the upcoming lines.

During my past 7 years of practice in Saudi Arabia neurology clinic, I had seen many patients with several depression levels stating from border line depression to eminent thoughts of ending own life. At start I thought this might be due to negligible numbers of patients who suffer from such condition. But as years go by, undeniable number of patients presented with such condition, they seem to have no other chronic conditions rather than depression. Amazingly enough, those patients were young and also more females presented than males with such problem.

The patients number with this condition increased through years that made me think what could be different from other patients I saw worldwide. The answer was vitamin D deficiency.

After doing the evaluation of vitamin D in those patient blood serum analysis, we were shocked at the level of Vitamin D deficiency they had. Moreover, how long had they had this low level? A question went unanswered after taking a full neurological history from those patients.

Patients were prescribed high dose of vitamin D over the appropriate time and are noticed for both changes in their psychological state as well as overall wellbeing.

Together with that, patients were also advised to expose themselves to healthy sun rays (early morning or late afternoon) to obtain natural sunlight, the well know source of vitamin D in our bodies.

After few months' patients who follows the therapeutic regimen achieved a remarkable change in their psychological state and improved from their depression even without anti depression medications. Their serum vitamin D retained back to normal and they continued on following our advice of getting the natural vitamin D from the sun light.

Most of those patients had no idea that their psychological state might be due to such nutritional deficiency. Moreover, being females they were educated about the risk of osteoporosis they might get if continue having vitamin D deficiency in their bodies without being noticed or medically checked. Patients were told about the dangerous relationship between such deficiency and calcium withdrawal from their bones, hence they are at high risk of developing osteoporosis than other females who do not have vitamin D deficiency.

You might not be fully aware that women are so tradition in a Saudi Arabia as they do need to be covered from head to toes due to religious reasons. Nevertheless, there is no contradiction between trying to get the amount of natural vitamin D from the sun light and the practice of religious requirements, it all depends on doctor patients education of how, when and for how long you need to do so to avoid having vitamin D deficiency and hence possibility of suffering from both depression and/or osteoporosis.

Volume 4 Issue 5 February 2017

© All rights reserved by O A Abou Zeid.