

Vitamin D improves mood, reduces pain in diabetic women

By [Sonia D'Costa](#)

Dec 3, 2013 - 5 hours ago in [Health](#)

According to a study conducted by researchers at Loyola University Chicago, Vitamin D intake can decrease neuropathic and sensory pain in case of women with depression and type 2 diabetes.

The researchers presented their findings at a conference held at the [university's](#) Health Sciences Campus on Oct 24, 2013.

Todd Doyle, fellow at the department of psychiatry and behavioral neurosciences at Loyola University Chicago Stritch School of Medicine (SSOM), [said](#): "Pain is a common and often serious problem for women with type 2 diabetes and depression. While further research is needed, D2 supplementation is a promising treatment for both pain and depression in type 2 diabetes."

In the [course of the study](#), women with type 2 diabetes volunteered to receive 50,000 IUs of vitamin D2 supplementation every week for six months. Sixty-one percent of them complained of burning or shooting (neuropathic) pains in their legs and 74 percent of them complained of tingling and numbness (sensory pain) in their legs, hands, and fingers before beginning to take the vitamin D2 supplements. At the end of three and six months respectively, all of them reported a significant decrease in pain.

The National Institute of Nursing Research has supplied funds to Loyola's research team to conduct a study on how two different doses of vitamin D3 can influence the health of diabetic women.

[An earlier study](#) by the same team showed that vitamin D improved the moods and lowered the blood pressure of female diabetics. Regular intake of vitamin D supplements also helped them lose weight, the study found.

The study's lead author and professor at Niehoff School of Nursing at Loyola University Chicago, said: "Vitamin D supplementation potentially is an easy and cost-effective therapy, with minimal side effects. Larger, randomized controlled trials are needed to determine the impact of vitamin D supplementation on depression and major cardiovascular risk factors among women with type 2 diabetes."

Diabetic women have been found to suffer more than men. While the reasons for this are not clear, depression is held to be the major culprit as it affects over 25 percent of women diagnosed with type 2 diabetes.

Read more: <http://www.digitaljournal.com/article/363253#ixzz2mQZkt9dw>