

Original Paper

## Relation between vitamin D serum levels with migraine

Mottaghi T (M.Sc)<sup>1</sup>, Askari Gh (M.D, Ph.D)\*<sup>2</sup>, Khorvash F (M.D)<sup>3</sup>, Maracy MR (Ph.D)<sup>4</sup>

<sup>1</sup>Ph.D Candidate in Dietition, Isfahan University of Medical Sciences, Isfahan, Iran. <sup>2</sup>Assistant Professor, Food Security Research Center, Isfahan University of Medical Sciences, Isfahan, Iran. <sup>3</sup>Associate Professor, Neurology Research Center, School of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran. <sup>4</sup>Professor, Department of Epidemiology and Biostatistics, School of Health, Isfahan University of Medical Sciences, Isfahan, Iran.

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### Abstract

**Background and Objective:** Migraine is common worldwide. In recent years, vitamin D deficiency has been shown as a global health issue. This study was done to determine the relationship between serum levels of vitamin D with migraine.

**Methods:** This descriptive - analytical study was carried out on 76 patients (21 males, 55 females) with migraine aged 10-61 years olds. Serum vitamin D level of each patient was measured. Adjustments were done for age, sex, waist circumference, body mass index (BMI), number of chronic diseases, and education level. The multiple linear regressions were done to determine the relationship between serum levels of vitamin D with migraine.

**Results:** Vitamin D deficiency was seen in 13.2 of patients. The weak positive association was shown between serum vitamin D with headache ( $P < 0.05$ ), but no significant association was found between serum vitamin D level with migraine severity.

**Conclusion:** No significant association was seen between serum levels of vitamin D with migraine severity.

**Keywords:** Migraine, Headache, Vitamin D

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\* **Corresponding Author:** Askari Gh (Ph.D), E-mail: askari@mui.ac.ir

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