

The Role of Oral Vitamin D3 Supplementation in the Treatment of Chronic Rhinosinusitis (CRS) in Adults with Vitamin D Deficiency.

Baruah B, et al. J Family Med Prim Care. 2020 Jun 30; 9(6):2877-2879.

- For 100 CRS patients, oral vitamin D supplementation i.e., **Cholecalciferol 60,000 IU/week for 3 months** were given and 100 subjects were treated with placebo.
- After 3 months of treatment, serum vitamin D level was increased significantly from 12.31 to 29.71 ng/ml in vitamin D group whereas it was slightly improved in placebo group i.e., from 25.75 to 26.33 ng/ml.
- Similarly, the Total Nasal Symptom Score (TNSS) fell from 11.94 to 0.33 in vitamin D group and 11.96 to 2.29 in the placebo group.

There is a higher prevalence of vitamin D deficiency in chronic rhinosinusitis patients. Vitamin D supplementation in these patients is very useful in restoring normal serum vitamin D levels and alleviating their symptoms.