**Vitamin D deficiency in diabetes**

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Type 2 Diabetes Mellitus (T2DM) is the commonly endocrine disorder characterized by hyperglycemia. Vitamin D deﬁciency is associated with an increased risk of developing diabetes.

Vitamin D has an important role in blood sugar control or in relieving diabetic complications. The probable mechanisms of glucose homeostasis in which vitamin D deficiency is involved are beta cells dysfunction and insulin resistance. The risk factors that T2DM and vitamin D deficiency have in common are obesity, aging and low physical activity.

The best marker that highlights vitamin D status is 25-hydroxy vitamin D.

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