

## Editorial

Dear Readers

Pakistan Journal of Neurological Surgery is recognized by The Higher Education Commission (HEC), Islamabad. The journal has been indexed in multiple International agencies like EuroPub UK, ICI (Index Copernicus), ISSN France, BASE Germany, Cross Ref, Eurasian Index, Asian Digital, PASTIC and PakMediNet.

### Management of Calcium, Vitamin D, and Uric-Acid Levels for Spinal Pain:

Low back pain is incredibly painful and demoralizing due to the physical restrictions it causes as well as the psychological ramifications it brings. The calcium and alkaline phosphatase were favorably connected with vitamin D. The issue of low back discomfort presents a difficulty to healthcare practitioners. In developing nations, the problem is exacerbated by a failure to report for early treatment, vocational compulsions in rural regions, and sedentary lifestyles among urban youngsters <sup>1</sup>. In Pakistan, there was a significant incidence of vitamin D insufficiency, with 53.5 percent of residents studied being vitamin D deficient, 31.2 percent being inadequate vitamin D, and just 15.3 percent having normal vitamin D (25-hydroxyvitamin D) levels. High levels of Vitamin D insufficiency were also seen, regardless of the various quantities of sunlight in the five city sites <sup>2</sup>. In observational studies, consumption of carbonated beverages has been linked to an increased risk of fracture. The most common reason is that one or more of the beverage ingredients raise urine calcium. <sup>3</sup> There is a role of optimized levels of calcium, vitamin D & uric Acid in order to treat patients with low backaches. <sup>1,4</sup> The over intake of carbonated caffeine drinks and artificial fruit juices adversely impacts the proper absorption of vitamin D and calcium. Hence, good doses of supplements of Vitamin D and Calcium should be optimized for patients reporting muscles and joint pains. Severe back pain and lower extremities weaknesses have been reported in altered levels of vitamin D and uric acid. <sup>5</sup> We strongly recommend early and regular screening for vitamin D, Calcium, and uric acid as part of a comprehensive health assessment for low back pain.

### References:

1. Lodh M, Goswami B, Mahajan RD, Sen D, Jajodia N, Roy A. Assessment of vitamin D status in patients of chronic low back pain of unknown etiology. *Indian Journal of Clinical Biochemistry*. 2015;30(2):174-9.
2. Riaz H, Finlayson AE, Bashir S, Hussain S, Mahmood S, Malik F, Godman B. Prevalence of Vitamin D deficiency in Pakistan and implications for the future. *Expert review of clinical pharmacology*. 2016;9(2):329-38.
3. Heaney RP, Rafferty K. Carbonated beverages and urinary calcium excretion. *The American journal of clinical nutrition*. 2001;74(3):343-7.
4. SH Siddiqui, Malik YM. Frequency of vitamin D deficiency in patients of low backache. *Ann. Pak. Inst. Med. Sci*. 2011;7(4):208-12.
5. Nasserri F, Myers A, Shah K, Moron FE. Severe back pain and lower extremities weakness in a young male. *The British Journal of Radiology*. 2013;86(1025):20110685.

**DOI:** 10.36552/pjns.v25i4.631

**Prof. Dr. Muhammad Anwar Chaudary (LGH/PINS, Lahore)**  
**Prof. Dr. Saman Shahid (NUCES, Lahore)**