



POSTPARTUM VITAMIN D3 SUPPLEMENTATION ON MYOD, MYOGENIN, AND LEVATOR ANI MUSCLE STRENGTH

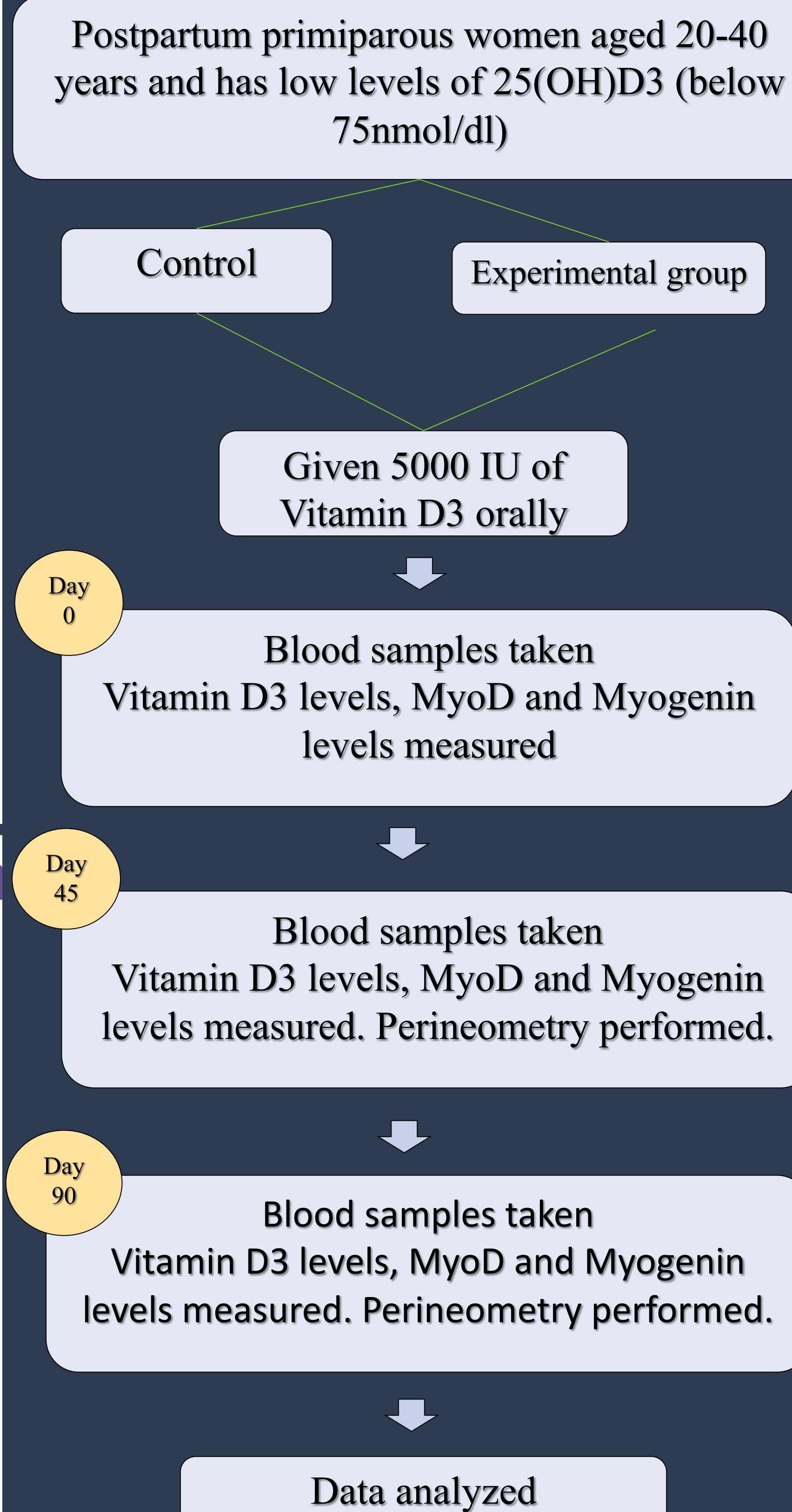
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Background and Aims

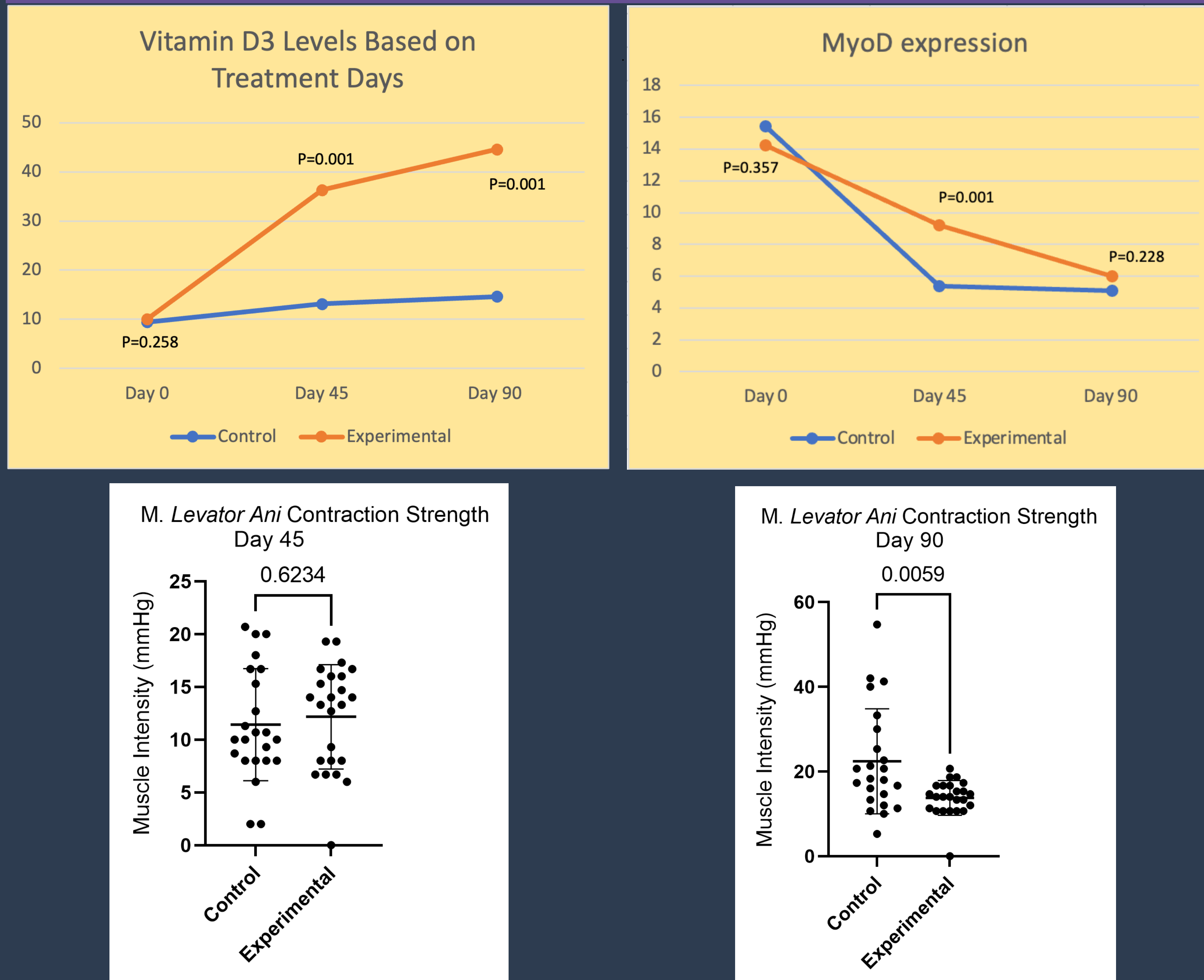
- Post-partum pelvic floor dysfunction may result from a vaginal birth, which is thought to be one of the causes of pelvic organ prolapse (POP).
- Muscle regeneration, facilitated by the activation of myoD and Myogenin, plays a crucial role in pelvic floor recovery.
- Aims: to evaluate the effect of vitamin D3 supplementation during 90 days post-partum on the level of Vitamin D, MyoD, Myogenin, and the intensity of levator ani muscle.

Methods

- This study is conducted using the prospective cohort and consecutive sampling
- The study is conducted in Amanda Maternity Clinic in Lembang, Indonesia
- Vitamin D3 levels are measured with ECLIA while Myogenin and MyoD levels are measured with ELISA.
- Intensity of levator ani muscle is measured with vagiton perinometer.
- Statistical analysis was done by SPSS and Prism with unpaired comparisons.



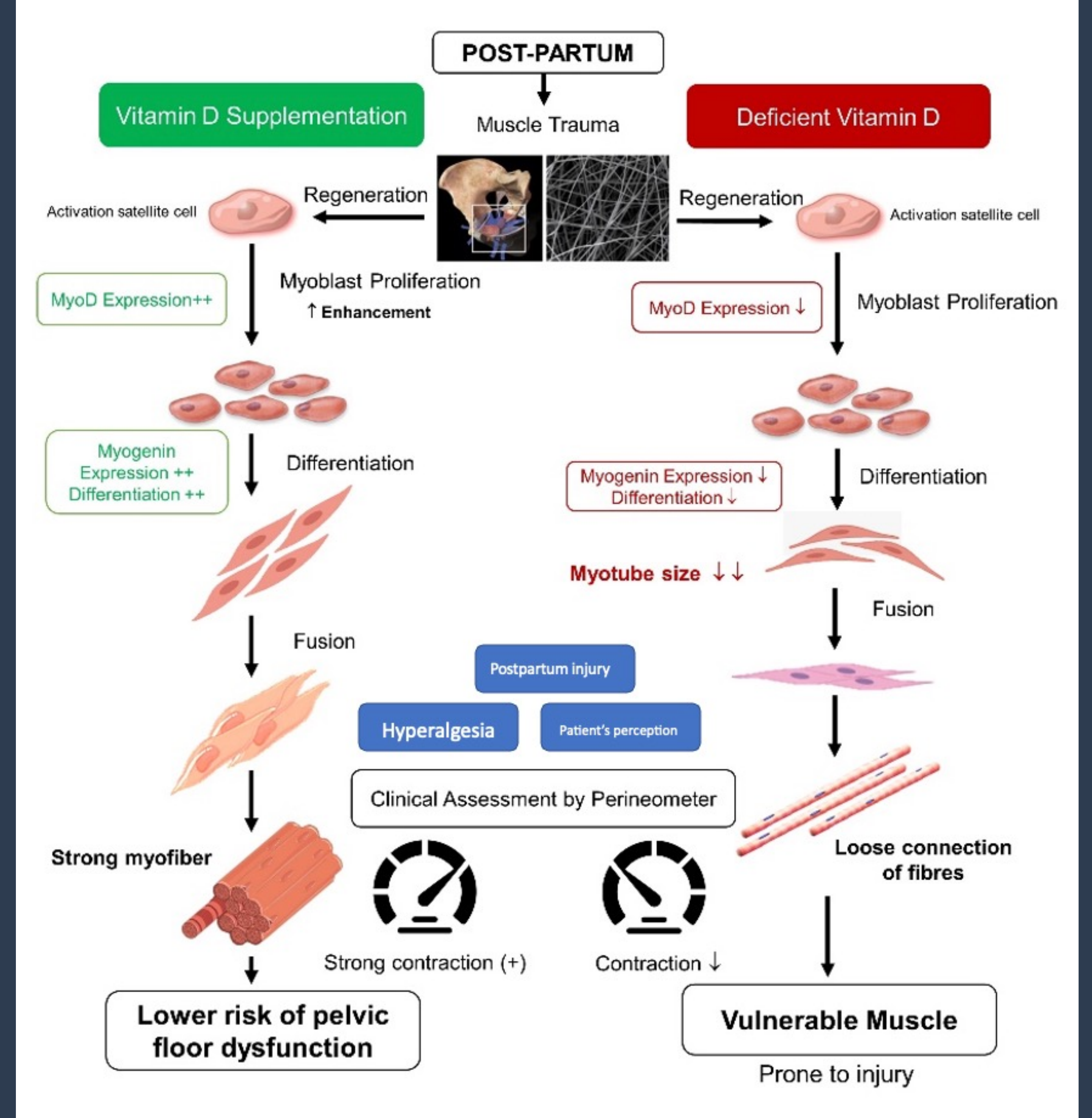
Results



Conclusion

- Postpartum vitamin D3 supplementation increases vitamin D3 level and the intensity of levator ani muscle contraction.
- MyoD expression is higher after 45 days of vitamin D3 supplementation
- Degrees of postpartum injury, hyperalgesia, and patient perceptions towards test might affect the result
- Premedication before perineometry should be considered

Discussion



References

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