عنوان الوثيقة: تقييم الحالة التغذوية لفيتامين – د في الرجال السعوديين المصابين بهشاشة العظام.

الموضوع: التغذية السريرية وأمراض الغدد الصماء.

لغة الوثيقة: الإنجليزية.

المستخلص:

Assessment of Vitamin D Status in Saudi Men with Osteoporosis

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Objectives: To evaluate vitamin-D status in Saudi men with osteoporosis in relation to changes in biologically active free" vitamin-D due to variation in plasma vitamin-D binding protein (DBP)

Design: Prospective cohort study.

Subjects and Methods: A total of 85 Saudi men with idiopathic osteoporosis [mean (SD) age, 58.2 (14.5) years; range 24-75] were studied in comparison with 170 age-matched healthy Saudi men without osteoporosis [mean (SD) age,-57.9 (13.3) years; range 24-71] who were living in the Jeddah area. Anthropometric parameters together with plasma concentrations of calcidiol (25-OHD3), calcitriol (1,25(OH)2 D3), DBP, intact-PTH, Ca, PO4 and mg were determined in all studied and men. Bone mineral density (BMD) of the spine (L1-L4) and neck femur were determined using DXA technique and men were classified with osteoporosis according to WHO criteria. Mann-Whitney testing was used to determine significant differences among men with and without osteoporosis.

Results: Men with osteoporosis exhibited markedly lower BMD values at various skeletal sites examined as compared with that of the corresponding controls. Men with osteoporosis exhibited significant increases in plasma DBP [188.9 (52.1) mg/L] than in the controls [122.5 (38.4) mg/L] (P<0.001),respectively. No significant differences were evident in the plasma levels of 25-OHD3 and 1,25(OH)2 D3 among men studied. Calculated free plasma 25-OHD3 and levels of 25-OHD3 and 1,25(OH)2D3 were significantly increased in men with osteoporosis than in corresponding controls [5.1 (3.04) vs 8.pmol/L] (P<0.001) and [60.8 (34.6) vs 130.6 (56.8) fmol/L] (P<0.001),respectively.

Conclusions: Measurement of total vitamin D metabolites alone, although provide a crude evaluation of vitamin-D status, may not be an accurate estimate of the free "biologically active" form of the vitamin. The ratio of total 25-OHD3 and 1,25 (OH)2D3 to plasma DBP may be more useful indication of biological activity.

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