

Indian study reveals that three-quarters of hip fracture patients are vitamin D deficient

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A study from New Delhi India has revealed high rates of vitamin D deficiency among hip fracture patients, confirming the conclusions of similar international studies which point to vitamin D deficiency as a risk factor for hip fracture.

A group of 90 hip fracture patients was compared to a matched control group of similar age, sex and co-morbidity. Of the patients who had suffered hip fractures, 76.7% were shown to be vitamin D deficient as measured by serum 25(OH)D levels of less than 20 ng/ml. In addition, 68.9% had elevated PTH levels. In comparison, only 32.3% of the controls had vitamin D deficiency and 42.2% had elevated PTH levels (secondary hyperparathyroidism).

[Vitamin D deficiency](#) has been linked to the pathogenesis of osteoporosis and is increasingly thought to play a role in muscle strength, certain cancers, [multiple sclerosis](#) and diabetes. Vitamin D levels are very low in the Indian population in all age groups, and could be explained by skin pigmentation, traditional clothing and the avoidance of sunlight.

The results of the New Delhi study confirm that serum 25 (OH)D levels may be a useful index for the assessment of risk of [hip fracture](#) in elderly people.

The study (OC13) was presented at the IOF Regionals – 1st Asia-Pacific Regional Osteoporosis Meeting being held in Singapore from December

10-13, 2010. Abstracts from the meeting have been published in [Osteoporosis International](#), Vol. 21, Suppl. 5, 2010.

Provided by International Osteoporosis Foundation

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