

Review: Diet-linked weight loss tied to drop in hip BMD

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(HealthDay)—Diet-induced weight loss is associated with a decrease in total hip, but not lumbar spine, bone mineral density (BMD), according to a review published online May 25 in the *Journal of Bone and Mineral Research*.

Jessica Zibellini, from the University of Sydney, and colleagues conducted a systematic review and meta-analysis to quantify the effect of diet-induced [weight loss](#) on bone. Data were included from 41 publications involving overweight or obese but otherwise healthy adults.

The researchers found that for interventions of six, 12, and 24 [months](#)' duration, diet-induced weight loss correlated with significant decreases of 0.010 to 0.015 g/cm² in total hip BMD. For interventions of three to

24 months' duration, there was no significant effect of diet-induced weight loss on lumbar spine or whole body BMD, although there was a significant decrease in total body BMD after six months (-0.011 g/cm^2). There was no significant change in serum concentrations of N-terminal propeptide of type I procollagen; significant increases were seen in [serum concentrations](#) of osteocalcin, C-terminal telopeptide of type I collagen, and N-terminal telopeptide of type I collagen with interventions of two or three months in duration.

"These data show that in overweight and obese individuals, a single diet-induced weight loss intervention induces a small decrease in total hip BMD, but not lumbar spine BMD," the authors write.

One author disclosed financial ties to the pharmaceutical industry.

More information: [Abstract](#)
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