

Summer concentrations of 25OHD predict bone mineral density

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(HealthDay)—Summer levels of serum 25-hydroxyvitamin D



(S-25OHD) are associated with bone mineral density of the total hip, according to a study published online Sept. 25 in the *Journal of Internal Medicine*.

Karl Michaëlsson, M.D., from Uppsala University in Sweden, and colleagues examined the relative importance of S-25OHD for <u>bone</u> <u>mineral density</u> by season in a subcohort of 5,002 Swedish women randomly selected from a large population-based cohort.

The researchers found that there was a gradual increase in bone mineral density of the total hip in samples collected during summer, up to an S-25OHD level of 40 nmol L⁻¹. Compared to those with S-25OHD levels above 80 nmol L⁻¹, adjusted bone mineral density was 11 percent lower in women with S-25OHD concentrations below 30 nmol L⁻¹ and 6 percent lower in those with S-25OHD concentrations 30 to 40 nmol L⁻¹ during summer. Compared with concentrations above 80 nmol L⁻¹, low S-25OHD concentrations (

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