

Vitamin B₆ linked to increased risk of hip fracture

June 12 2017



(HealthDay)—Vitamin B₆, but not vitamin B₁₂, is associated with

increased risk of hip fracture during extended follow-up, according to a study published online June 2 in the *Journal of Bone and Mineral Research*.

Maria Garcia Lopez, M.D., from the University Hospital in Oslo, Norway, and colleagues conducted a secondary analysis of combined data from two large [randomized controlled trials](#) to examine the effect of an intervention with B-vitamins on the risk of [hip fracture](#). The intervention consisted of a daily capsule of [folic acid](#) plus vitamin B₁₂ and vitamin B₆, folic acid plus vitamin B₁₂, folic acid plus vitamin B₆, or placebo.

The researchers found that during the trial and extended follow-up there was no significant association between folic acid plus vitamin B₁₂ treatment and the risk of hip fracture (hazard ratios, 0.87 [95 percent confidence interval, 0.48 to 1.59] and 1.08 [95 percent confidence interval, 0.84 to 1.40], respectively). There was also no significant between-group difference in the risk of hip fracture for those receiving versus not receiving vitamin B₆ during the trial (hazard ratio, 1.42; 95 percent confidence interval, 0.78 to 2.61); however, the risk of hip fracture was higher for those receiving vitamin B₆ during extended follow-up (hazard ratio, 1.42; 95 percent confidence interval, 1.09 to 1.83).

"These secondary analyses and extended follow-up of two large randomized controlled trials performed in Norway showed that treatment with folic acid plus vitamin B₁₂ was not associated with the risk of hip fracture" the authors write. "However, treatment with high doses of vitamin B₆ was associated with a slightly increased risk of experiencing a hip fracture during the extended follow-up (3.3 years in-trial plus 7.8 years post-trial follow-up)."

More information: [Abstract](#)

[Full Text \(subscription or payment may be required\)](#)

Copyright © 2017 [HealthDay](#). All rights reserved.

Citation: Vitamin B₆ linked to increased risk of hip fracture (2017, June 12) retrieved 4 May 2024 from <https://medicalxpress.com/news/2017-06-vitamin-bsub6sub-linked-hip-fracture.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.