Intensive lifestyle changes may up frailty fracture risk in DM

July 11 2017

(HealthDay)—For overweight or obese individuals with diabetes

mellitus (DM), intensive lifestyle intervention (ILI) does not increase overall fracture risk but correlates with increased risk of frailty fracture, according to a study published online July 5 in the *Journal of Bone and Mineral Research*.

Karen C. Johnson, M.D., M.P.H., from the University of Tennessee Health Science Center in Memphis, and colleagues examined the correlation between long-term intentional weight loss and fracture risk in overweight or obese individuals with DM. A total of 5,145 persons aged 45 to 76 years were randomly assigned to either ILI with reduced calorie consumption and increased physical activity or diabetes support and education intervention (DSE). The authors ascertained incident fractures every six months.

The researchers found that over the intervention period (median, 9.6 years), weight loss was 6.0 and 3.5 percent in the ILI and DSE groups, respectively. There were no between-group statistically significant differences in incident total or hip fracture rates. The ILI group had a significantly increased risk of a frailty fracture compared to the DSE group (hazard ratio, 1.39).

"An intensive lifestyle intervention resulting in long-term weight loss in overweight/obese adults with DM was not associated with an overall increased risk of incident fracture but may be associated with an increased risk of frailty fracture," the authors write. "When intentional weight loss is planned, consideration of bone preservation and fracture prevention is warranted."

Several authors disclosed financial ties to the pharmaceutical, medical device, and nutrition industries.

More information: Abstract
Full Text (subscription or payment may be required)