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Vitamin D Deficiency Related to Osteoporosis, Overview of Causes and Management

[1]Abdulrahman Ali H Alluqmani, [2]Omar Khaled Ahmed Abdulbaqi,
[3]Hani Saleh G Alharbi, [4]Arwa Omar Bin Rabba, [5] Mohammed Hisham,
[6]Shahad Ahmed S Bamani

Abstract: **The goal of this study was to evaluate the relation between Vitamin D deficiency and its impact on osteoporosis, also to discuss the causes, risk factors and treatment of osteoporosis. A literature search through PubMed Medline/PubMed, Science Direct, Scientific Electronic Library Online (SCIELO) database, was performed searching articles focusing on osteoporosis and the impact of vitamin D deficiency and its relation to each other's, and for those studies published up to December 2016. We restricted our search to studies with English that were published. and each identified study underwent manual search in its included references lists for more liable studies.**

The major impact of the energetic vitamin D metabolite 1,25(OH)2D is to promote the absorption of calcium from the intestine. The consequences of vitamin D shortage are secondary hyperparathyroidism and also bone loss, resulting in osteoporosis and cracks, mineralization defects, which might result in osteomalacia in the long term, and muscular tissue weak point, creating fractures and also falls. Vitamin D status is related to bone mineral density and bone turn over. Vitamin D supplements could decrease bone turnover as well as boost bone mineral density.

Keywords: **Vitamin D supplements, osteomalacia, Scientific Electronic Library Online (SCIELO).**

1. INTRODUCTION

Vitamin D, in its metabolically active form, 1,25(OH)2D3, is a steroid hormonal agent acquired after hepatic (C-25 placement), and not specifically, kidney (C-1) hydroxylations. Its precursors can be obtained from the diet as well as sunlight direct exposure; the latter being due to non-enzymatic responses by revealing the skin to ultraviolet radiation [(1)]. Vitamin D deficiency could contribute to bone loss from lowered vitamin D-mediated intestinal calcium absorption and also resultant additional hyperparathyroidism (HPT). Vitamin D supplementation could improve muscular tissue toughness and also lower autumn regularity by around 50% [(2)]. Hence, patients that have low bone mineral density or a prior low-impact (delicacy) skeletal crack as well as those in jeopardy of dropping ought to be reviewed for vitamin D shortage to lower the risk of all kinds of skeletal cracks [(3,4)].

Weakening of bones is one of the most typical bone disease in people, representing a significant public health problem as outlined in Bone Health and also Osteoporosis: A Report of the Surgeon General (2004) [(5)]. It is characterized by low bone mass, degeneration of bone tissue and also disruption of bone design, jeopardized bone toughness, as well as a rise in the risk of fracture. According to the WHO analysis classification, weakening of bones is specified by Bone mineral density (BMD) at the hip or lumbar back that is less than or equal to 2.5 standard deviations listed below the mean BMD of a young-adult reference population [(5)]. Weakening of bones is a risk factor for crack equally as high blood pressure is for stroke. A person's BMD is presented as the standard deviation above or below the mean BMD of the recommendation population, as outlined in. The BMD medical diagnosis of normal, low bone mass (osteopenia), osteoporosis, as well as severe or well-known weakening of bones is based upon the WHO analysis category (**Table 1**) [(6)].

Osteoporosis affects a massive variety of people, of both sexes and all races, and its occurrence will increase as the population ages. Based on data from the National Health and Nutrition Examination Survey III (NHANES III), NOF has

approximated that more than 9.9 million Americans have weakening of bones as well as an extra 43.1 million have reduced bone thickness [7]. Concerning one out of every 2 Caucasian women will certainly experience an osteoporosis-related crack at some point in her lifetime, as will around one in five guys [5]. Although weakening of bones is much less frequent in African Americans, those with osteoporosis have the very same raised crack risk as Caucasians [5,7].

Appropriate nutrition plays a significant function in the prevention as well as therapy of weakening of bones; the nutrients of greatest importance are calcium and also vitamin D. Numerous research studies have actually shown that greater calcium intake at various ages are associated with higher bone mineral thickness compared to the bone mass of those with lower calcium consumption [8]. In older postmenopausal women, the advantages of vitamin D and calcium supplements in stopping bone loss, decreasing bone turn over, as well as lowering non-vertebral fractures are clear [9]. Calcium and vitamin D have long been identified as necessary and also essential nutrients for bone health and wellness as well as upkeep and also monitoring of osteoporosis. The extension of calcium and also vitamin D in a patient with bone loss is important for optimal care. 90% of women might not be obtaining enough calcium and over 50% of women dealt with for bone loss have poor vitamin D degrees [10].

TABLE1: Defining osteoporosis by BMD [6]

WHO definition of osteoporosis based on BMD		
Classification	**BMD**	**T-score**
Normal	Within 1 SD of the mean level for a young-adult reference population	T-score at −1.0 and above
Low bone mass (osteopenia)	Between 1.0 and 2.5 SD below that of the mean level for a young-adult reference population	T-score between −1.0 and −2.5
Osteoporosis	2.5 SD or more below that of the mean level for a young-adult reference population	T-score at or below −2.5
Severe or established osteoporosis	2.5 SD or more below that of the mean level for a young-adult reference population with fractures	T-score at or below −2.5 with one or more fractures

The goal of this study was to evaluate the relation between Vitamin D deficiency and its impact on osteoporosis, also to discuss the causes, risk factors and treatment of osteoporosis.

2. METHODOLOGY

A literature search through PubMed Medline/PubMed, Science Direct, Scientific Electronic Library Online (SCIELO) database, was performed searching articles focusing on osteoporosis and the impact of vitamin D deficiency and its relation to each other's, and for those studies published up to December 2016. We restricted our search to studies with English that were published. and each identified study underwent manual search in its included references lists for more liable studies.

3. RESULTS

- **General view of Vitamin D:**

The active vitamin D can be binding to an intracellular transcription receptor called vitamin D receptor (VDR). The recognition and cloning of VDR took place only in 1987 and also, ever since, brand-new tissue-specific features of vitamin D have been uncovered. Presently, it is recognized that the VDR is commonly distributed amongst cells and that the lack of the receptor is the exemption, not the guideline [11]. The majority, otherwise all of vitamin D's features, are mediated by the VDR acting in the regulation of genetics expression in specific DNA regions. Vitamin D binds to its nuclear receptor (nVDR) with high affinity and also specificity; the receptor works in collaboration with other transcription factors, such as the retinoid X receptor (RXR). The group formed by vitamin RXR, vdr, and d can identify the vitamin D responsive components (VDREs) of genetics regulated by vitamin D [12]. Some immediate vitamin D action could occur by various other less-known pathways, which includes the participation of the VDR bound to the plasma membrane (mVDR) as well as not the nVDR (**Figure 1**) [11].

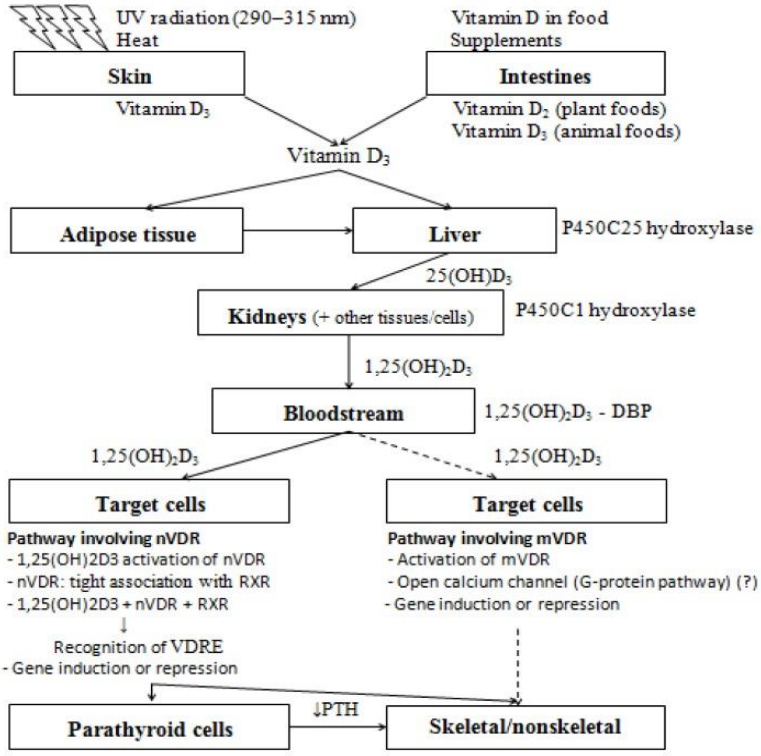

Figure 1: Vitamin D biosynthesis and action [10]

- **Epidemiology and causes of Osteoporosis:**

It is approximated that 30% to 60% of osteoporosis within men is second to another underlying problem [13]. One of the most constant secondary reasons are glucocorticoid usage or hypercortisolism (ie, Cushing syndrome or disease), extreme alcohol use, hypogonadism, vitamin D deficiency/low calcium cigarette smoking, intake, and family history of crack. Other additional causes combined represent around 15% of instances. In up to 40% of cases in men no secondary cause is recognized, and also the weakening of bones is thought about either primary or idiopathic osteoporosis [13]. Second causes (**Table 1**) [13] for weakening of bones as well as fracture should be evaluated scientifically (by history and also physical examination) in all patients, and also with lab assessment when medical uncertainty is high. Treatment of second reasons for osteoporosis is recommended.

Table 2: Secondary causes of osteoporosis [13]

Men and women o Hyperparathyroidism o Untreated thyroid disease o Chronic lung disease o Chronic glucocorticoid use (>3 mo) Alcohol abuse (>3 alcoholic beverages daily) o Smoking tobacco use o Vitamin D insufficiency Low calcium intake Immobilization o Anorexia nervosa Diabetes mellitus (types 1 and 2) o Adrenal insufficiency o Malabsorptive gastrointestinal o disease (celiac, inflammatory bowel disease, gastric bypass, etc) o Rheumatoid arthritis o Systemic lupus erythematosus o Ankylosing spondylitis
Men o Hypogonadism Gonadotropin-releasing hormone o agonist treatment
Women o Ovarian failure o Amenorrhea (hypogonadotropic hypogonadism)

Association between Vitamin D and Osteoporosis:

As relentless vitamin D deficiency results in secondary hyperparathyroidism, it has actually been recommended that an elevation in PTH is a sensitive reminder to substantial hypovitaminosis D [14,15]. Haden et al observed that product vitamin D as high as 62.4 nmol/L was connected with a countervailing increase in PTH [16], but in our research study only 13% of the osteoporotic patients had raised PTH levels compared to deficient Vitamin D 3 levels in 42% of osteoporotic patients. A review of earlier research studies of vitamin D standing of both old and young topics, where individual values of both are offered, reveals that this blunted PTH reaction in the visibility of hypovitaminosis D might be an usual yet unrecognized occurance [17,18]. Comparable searchings for were given by Serhan et al [19] where amongst an Indo Asian population with a high occurrence of hypovitaminosis D (58%), only 30% of the topics had secondary hyperparathyroidism. Sahota [20] has reported that 50% of patients with hypovitamininosis D (<30 nmol/L) cannot develop hyperparathyroidism, and therefore have reduced 1,25 Dihydroxyvitamin D, and thus a reduced product calcium as a result of less calcium absorption.

It has actually been revealed that various levels of hypovitaminosis D are linked with an increase in ALP and PTH, the absolute values still continue to be within the reference varieties ([19], and also it is unlikely that these subtle modifications would certainly alert a medical professional to the medical diagnosis. This is very important as in this population the various other hip should be secured as well as supplementation started as this absolutely can help produce preventive strategies to include the growing epidemic of osteoporosis, for the entire populace as well as for those at greatest risk. This is more supported by the truth that 57% of patients with hip fractures in this research study had low vitamin D 3 levels, which is quite substantial as one of the original factors for their proneness to osteoporosis and also consequent fractures. A meta-analysis of previous controlled trials suggests that vitamin D and calcium therapy decreases the occurrence of cracks among frail elderly populace [21].

The second path, depending on PTH, takes place with mobilization of calcium and phosphorus from bone. In this process, there is boosted expression of the receptor activator for nuclear factor κB ligand (RANKL) healthy protein in the osteoblasts, with the ability of binding to the pre-osteoclast RANK and also advertising osteoclastogenesis and also bone traction [22,23]. Vitamin D in the osteoblasts is additionally with the ability of extremely stimulating the synthesis of osteocalcin and also reasonably osteopontin [23]; two structural healthy proteins existing in the natural matrix pertaining to bone improvement that have a hormonal feature in outer cells [23,24]. In osteoclasts, vitamin D applies a direct feature by boosting osteoclastogenesis [24], although the indirect activity using osteoblasts is the most identified. The third path is likewise dependent on the PTH as well as involves the increase in renal retention of calcium because of enhanced tubular reabsorption or a reduction of filtered lots. The kidney function of vitamin D is popular as well as lots of proteins associated with the process have actually been determined, although the molecular mechanisms are not well understood [22].

Mineralization is a passive process, yet it only occurs when calcium as well as vitamin D are offered in enough amounts. In vitamin D shortage, there is a reduction in circulating levels of calcium and also boosted PTH degrees. PTH acts by enhancing P450C1 hydroxylase task in the kidney, which consequently enhances vitamin D product degrees, and also is a potent agent in bone resorption. In this brand-new phase, the circulating degrees of vitamin D and calcium are typical, yet the bone reserves end up being compromised. If vitamin D shortage occurs for a prolonged duration, substrates for synthesis of the energetic kind of the vitamin may be minimized and the resulting bone loss could bring about osteoporosis [25]. In contrast, normal vitamin D degrees promote adequate calcium levels in the bloodstream. The parathyroid gland cells are sensitive to these 2 elements by having VDR as well as calcium-sensing receptors, which act by combating PTH hypersecretion as well as the resulting bone traction [26]. It deserves remembering that bone cells are vibrant which the traction procedure is additionally part of the formation process. Bone loss takes place just when there is an imbalance, with enhanced resorption in connection with formation [27]. Vitamin D, although it may act on bone resorption, promotes bone formation over the long term [28], partially by boosting intestinal absorption of calcium and also combating the hypersecretion of the powerful bone traction agent, PTH.

- **Impact of Vitamin D on BMD:**

Vitamin D status as well as bone mineral density Vitamin D standing is related to bone mineral thickness (BMD), not only in vitamin D lacking topics, however additionally in vitamin D insufficient topics. In cross-sectional researches, partnerships in between serum 25(OH)D as well as bone mineral density of the hip have actually been observed. The Amsterdam Vitamin D Study showed a partnership between lotion 25(OH)D and bone mineral density of the femoral

neck as much as a serum 25(OH)D of 30 nmol/l [29]. In the NHANES III research, a connection in between product 25(OH)D and also BMD of the hip was observed in younger (20 - 49 yr) and older adults (> 50 year) until a limit of 90 nmol/l [30]. Thresholds were additionally studied in the Longitudinal Aging Study Amsterdam (LASA). The BMD in the complete hip as well as in the trochanter boosted until a product 25(OH)D of 50 nmol/l and after that leveled off (**Figure 2**) [31]. An international research on vitamin D condition as well as BMD in 7441 postmenopausal females with weakening of bones showed a substantial positive connection in between product 25(OH)D and BMD in the trochanteric area of the hip with a limit below 50 nmol/l. BMD still revealed some increase above 50 nmol/l [32].

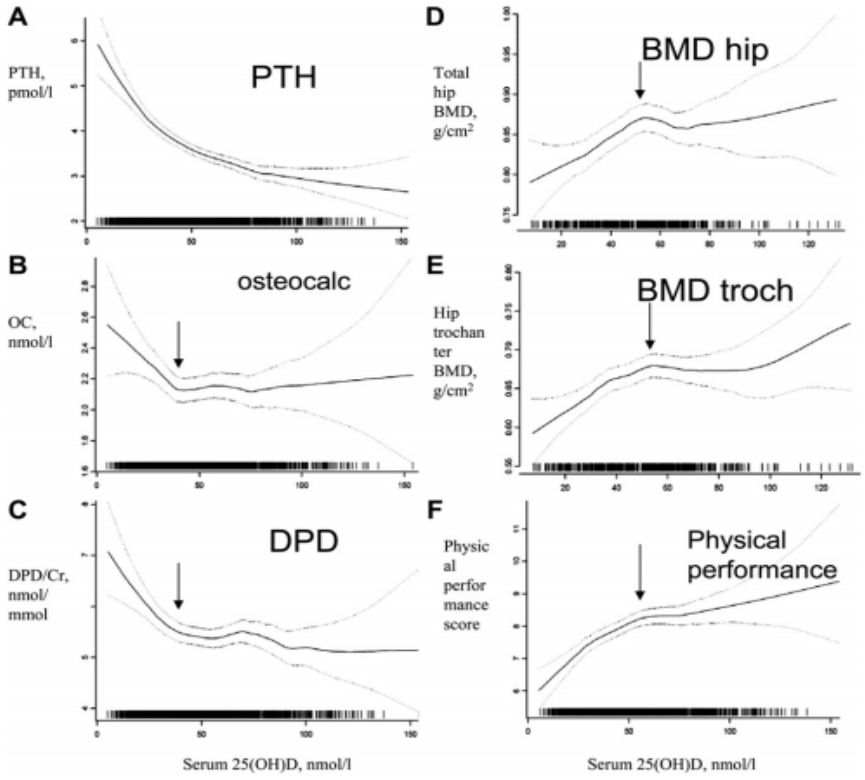

Figure 2: Relationships between serum 25(OH)D and PTH, bone turnover markers, and BMD [31]

- **Vitamin D as treatment in patients with osteoporosis:**

The majority of patients with osteoporosis are currently treated with bisphosphonates. Calcium and also vitamin D are included for a number of reasons. In a patient with severe vitamin D shortage, bisphosphonate treatment might generate symptomatic hypocalcaemia. Furthermore, all randomized scientific trials on bisphosphonates have actually been done with calcium and vitamin D as basic treatment. Some investigators have doubted the possible gain in bone mineral density with additional treatment with calcium and also vitamin D. A Japanese group treated 52 postmenopausal women with osteoporosis with alendronate 5 mg/d for 6 months with no supplement [33]. The increase of back spinal column BMD was substantially lower in the patients with a lotion 25(OH)D < 62.5 nmol/l (25 ng/ml), than in those with serum 25(OH) D < 62.5 nmol/l (3.3% vs 6.8%, P 1/4 0.027). In Italy, 1515 women with postmenopausal osteoporosis treated with bisphosphonates or raloxifene were identified as vitamin D lacking or vitamin D packed. The mean annualized BMD rise in the lumbar spinal column was 0.22% in vitamin D lacking patients versus 2.11% in vitamin D abundant patients (P 1/4 0.002). Comparable differences were observed in the hip [34].

4. CONCLUSION

The major impact of the energetic vitamin D metabolite 1,25(OH)2D is to promote the absorption of calcium from the intestine. The consequences of vitamin D shortage are secondary hyperparathyroidism and also bone loss, resulting in osteoporosis and cracks, mineralization defects, which might result in osteomalacia in the long term, and muscular tissue weak point, creating fractures and also falls. Vitamin D status is related to bone mineral density and bone turn over. Vitamin D supplements could decrease bone turnover as well as boost bone mineral density.

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