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Letter to the Editor

Letter to editor about "Effects of nutritional intervention upon bone turnover in elderly hip fracture patients. Randomized controlled trial"

Dear editor

We read the recent Torbergsen and his colleagues research eagerly which [1] investigating the effects of nutritional intervention upon bone turnover in elderly hip fracture patients. The authors reported the supplementation of 25 (OH)D and vitamin k improved the concentration of these mineral in body, but this had not effect on improvement of the bone turnover markers in hip fracture patients in this RCT that conducted on 71 patients, interventions including nutritional advice and education and nutrition intervention. The supplement consisted of 150 mg vitamin K1, 20 mg vitamin D3 and 1000 mg Ca as well as 250 mg vitamin A, 10 mg vitamin E and 1.2 g u-3 fatty acids using cod liver oil and a Ca, vitamin D3 and K1 fortification tablet. The result of this article showed that supplementation of minerals and vitamins did not useful in bone turnover, but the results of other studies showed different points. First in Stewart et al. study [2] determined that serum 25 (OH)D is correlated with CTX during hip fracture healing in elderly patients. Although, the differential response of bone turnover among vitamin D deficiency highlights important ambiguity for its utility as a reliable surrogate marker of fracture healing, then in study entitled "Vitamin K1 and 25 (OH)D are independently and synergistically associated with a risk for hip fracture in an elderly population: A case control study "[3] survived the relationship between vitamin K1 and 25 (OH)D with an increased risk of hip fracture and found Vitamin K1 and 25 (OH)D are independently and synergistically correlated with the risk of hip fracture patients. According to this results Vitamin K1 and 25 (OH)D associated with a risk for hip fracture and also associated with an Altered Bone Turnover Marker. Finally the study by Kruger et al. [4]entitled "Calcium and vitamin D fortified milk reduces bone turnover and improves bone density in postmenopausal women over 1 year" found that supplementation of milk and Calcium and vitamin D could suppressed of CTx-1 and PINP (bone turnover), also effected on mean plasma 25 (OH) D3 and PTH so according to these data, the results of Torbergsen et al. 'study is suspicious and need to further researches in this fields.

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Conflict of interest

No conflict of interest exists.

Appendix A. Supplementary data

Supplementary data to this article can be found online at https://doi.org/10.1016/j.clnesp.2019.04.005.

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Mohammad Eghbal Heidari*, Zahra Dezvarei
Students' Scientific Research Center, Faculty of Nursing Midwifery, Tehran University of Medical Sciences, Iran

* Corresponding author. Tehran University of Medical Sciences, Students' Scientific Research center, Faculty of Nursing Midwifery, Tehran, Iran.
E-mail address: mohammad.eghbal.heydari@gmail.com (M.E. Heidari).

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