# Vitamin D status in Adolescent Girls



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(Mr. Kevin Herzog)

#### VITAMIN D STATUS IN ADOLESCENT GIRLS



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Condition: New. Publisher/Verlag: LAP Lambert Academic Publishing | Modifiable Lifestyle determinants and its effect on bone metabolism markers and bone mass acquisition | Vitamin D deficiency has suggested that not only a biochemical abnormality, but is also associated with adverse effect of poor bone mineralization in growing children and adolescents. The findings of the present study clearly demonstrate that vitamin D deficiency occurs in a high proportion of adolescent girls, regardless of what 25(OH)D level is used to define vitamin D deficiency. In addition, body mass index (BMI), milk intake, participation in organized sports and total physical activity all emerged as major determinants of vitamin D status. The relationship between vitamin D status and bone mass and bone biomarkers showed that girl participants with a higher vitamin D status had significantly higher bone mass at the total body and distal and proximal forearm, and higher concentrations of IGF-I, lower concentrations of BAP and a lower urine Dpd/creatinine ratio compared to those of poor vitamin D status. Therefore, continuous participation in high physical activity, and adequate vitamin D status throughout childhood and late adolescence could help achieve maximum peak bone mass at maturity and thus reduce the risk of osteoporotic fractures later in life. | Format: Paperback | Language/Sprache: english | 80 pp.

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