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**Name of Journal:** *World Journal of Clinical Cases*

**Manuscript NO:** 63872

**Manuscript Type:** ORIGINAL ARTICLE

*Observational Study*

**Vitamin D deficiency, functional status, and balance in older adults with osteoarthritis**

Montemor CN *et al.* Vitamin D, functionality, and balance in osteoarthritis

Cláudia N Montemor, Marcos Tadeu P Fernandes, Audrey S Marquez, Regina Célia Poli-

Frederico, Rubens Alexandre da Silva, Karen B P Fernandes



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## [Vitamin D Effect on Osteoarthritis Study - Full Text View ...](#)

<https://clinicaltrials.gov/ct2/show/NCT01176344> ▼

Aug 06, 2010 · Firstly, vitamin D may have direct effects on chondrocytes in osteoarthritic cartilage; secondly, chronic vitamin D inadequacy in adults has adverse effects on calcium metabolism, osteoblast activity, matrix ossification and bone density, and thus could impair the ability of bone to respond optimally to pathophysiological processes in OA; and thirdly, low vitamin D levels are associated with **loss of muscle strength and muscle mass in older men and women...**

## [Vitamin D and knee osteoarthritis – Caring Medical Florida](#)

<https://www.caringmedical.com/prolotherapy-news/vitamin-d-knee-osteoarthritis> ▼

Vitamin D deficiency and osteoarthritis symptoms have some overlap. Those with **osteoarthritis suffer**

## Osteoarthritis

Medical Condition

Inflammation of one or more joints.



Very common (More than 3 million cases per year in US)



Often requires lab test or imaging



Treatments can help manage condition but no known cure



Can last several years or be lifelong ▼





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## [Vitamin D Effect on Osteoarthritis Study - Full Text View ...](#)

<https://clinicaltrials.gov/ct2/show/NCT01176344> ▼

Aug 06, 2010 · Firstly, **vitamin D** may have direct effects on chondrocytes in **osteoarthritic** cartilage; secondly, chronic **vitamin D** inadequacy in **adults** has adverse effects on calcium metabolism, osteoblast activity, matrix ossification and bone density, and thus could impair the ability of bone to respond optimally to pathophysiological processes in OA; and thirdly, low **vitamin D** levels are associated with loss of muscle strength and muscle mass in **older** ...

**Actual Enrollment** : 413 participants

**Allocation**: Randomized

**Intervention Model**: Parallel Assignment

**Study Type** : Interventional (Clinical Trial)

## [Vitamin D and knee osteoarthritis – Caring Medical Florida](#)

<https://www.caringmedical.com/prolotherapy-news/vitamin-d-knee-osteoarthritis> ▼

**Vitamin D deficiency and osteoarthritis** symptoms have some overlap. Those **with osteoarthritis** suffer from joint pain, muscle wasting, and decreased motion in their joints, all of which can increase in severity with age. Symptoms of **vitamin D deficiency** include greater joint pain, poor muscle function, and progression of **osteoarthritis**.

## [Vitamin D - Health Professional Fact Sheet](#)

<https://ods.od.nih.gov/factsheets/vitamind-healthprofessional> ▼

Mar 24, 2020 · The USPSTF evaluated 11 randomized clinical trials of **vitamin D** and/or calcium supplementation in a total of 51,419 healthy, community-dwelling **adults** aged 50 years and **older** who did not have osteoporosis, **vitamin D deficiency**, or prior fractures [74,75]. It concluded that the current

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**Vitamin D deficiency is very common in older people and has been linked with osteoporosis** and falls in both older women and men. Emerging data suggests that it also plays an important role in the pathogenesis of knee OA.

**Actual Enrollment :** 413 participants**Allocation:** Randomized**Intervention Model:** Parallel Assignment**Study Type :** Interventional (Clinical Trial)[Vitamin D Effect on Osteoarthritis Study - Full Text View ...](#)[ct clinicaltrials.gov/ct2/show/NCT01176344](https://clinicaltrials.gov/ct2/show/NCT01176344)

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## PEOPLE ALSO ASK

What should my vitamin D level be for bone health? ▾

What are the risks of vitamin D deficiency? ▾

What should your vitamin D level be to prolong life? ▾

Are there any trials of vitamin D supplementation? ▾

[Feedback](#)[Low Vitamin D Status Does Not Adversely Affect Short-term ...](#)<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4037853>

Evidence for the potential role of **vitamin D** in **muscle function** in **older** persons comes from the well-documented association between low **vitamin D** levels and decreased **muscle strength**, difficulty in performing activities of daily living, and increased risk of falls [7,8]. However, studies examining the relationship between **vitamin D status** and **muscle strength** and disability in **older** populations yielded ...

**Cited by:** 27**Author:** Aasis Unnanuntana, Aasis Unnanuntana, A...**Publish Year:** 2013