DEC 01, 2017

OPEN ACCESS**DOI:**dx.doi.org/10.17504/protocols.io.kjycupw**External link:**<https://doi.org/10.1371/journal.pone.0188894>

Protocol Citation: Liting Guo: Department of Endocrinology 2017. Effects of Serum 25-Hydroxyvitamin D Level on Decreased Bone Mineral Density at Femoral Neck and Total Hip in Chinese Type 2 Diabetes.
protocols.io
<https://dx.doi.org/10.17504/protocols.io.kjycupw>

MANUSCRIPT CITATION:

Guo L, Gao Z, Ge H (2017) Effects of serum 25-hydroxyvitaminD level on decreased bone mineral density at femoral neck and total hip in Chinese type 2 diabetes. PLoS ONE 12(11): e0188894. doi: [10.1371/journal.pone.0188894](https://doi.org/10.1371/journal.pone.0188894)

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Effects of Serum 25-Hydroxyvitamin D Level on Decreased Bone Mineral Density at Femoral Neck and Total Hip in Chinese Type 2 Diabetes

PLOS One

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ATTACHMENTS[Manuscript.doc](#)

Protocol status: Working

Created: Nov 02, 2017

Last Modified: Mar 17, 2018

PROTOCOL integer ID:
8536

Keywords: type 2 diabetic patients, serum 25-hydroxy vitamin D, parathyroid hormone and bone mineral density

- 1 **Subjects and Methods** Three hundred and sixty-eight patients with type 2 diabetes were randomly selected at the endocrinology department of General Hospital in Tianjin Medical University and Teda International Cardiovascular Hospital in Tianjin from January 2014 to June 2016. The subjects included 165 males and 203 females. The ages of subjects ranged from 40-79. At the same time, three hundred non-diabetic subjects matched for age, Body Mass Index (BMI) and history of smoking and alcoholism were selected at the two hospitals mentioned above. The study protocol was approved by the Independent Ethics Committee (IEC) of Teda International Cardiovascular Hospital. All subjects gave written consent for participation.
- 2 **Inclusion criteria** Type 2 diabetes mellitus conformed to the 1999 WHO Diagnostic Criteria. Non-diabetic subjects had a normal blood sugar, blood lipids and blood pressure.
- 3 **Exclusion criteria** Subjects excluded with hyperthyroidism, hyperparathyroidism and Paget's disease. Subjects receiving corticosteroids, gonadal hormones, immunosuppressant or anticonvulsants medications were excluded from both groups. Subjects on thiazolidinediones from diabetes group were also excluded. Subjects with severe hepatopathy, nephropathy and neoplastic diseases were also excluded. Subjects did not take drugs affecting bone metabolism (such as vitamin D and its derivatives, calcium, diphosphonate) within six months. No Female subjects were pregnant or lactating.
- 4 **BMD measurements** The BMDs (g/cm²) was measured at the lumbar spine (L1-L4), femoral neck, total hip, and total body by LUNAR's DEXA dual-energy X-ray absorptiometry. To eliminate technical variation, the same operator measured all subjects. The values of the BMD at the lumbar spine are presented as the mean of the L1-L4 values. T scores were calculated on the basis of the normal reference values in the age and gender-matched Chinese group. Based on the WHO diagnostic criteria, patients were diagnosed with osteoporosis if their BMD was < -2.5 SD, diagnosed with osteopenia if their BMD was between -1.0 and -2.5 SD, and they were considered to have a normal BMD if their BMD was > -1.0 SD.
- 5 **Grouped:** Type 2 diabetic patients were divided into groups according to the diabetes duration

and hemoglobin A1c (HbA1c) level: the diabetes duration ≤ 10 years group and the diabetes duration > 10 years group; the HbA1c $\leq 8\%$ group and the HbA1c $> 8\%$ group. Biochemical Measurements