

VITAMIN D STATUS AND BONE MINERAL DENSITY IN PATIENTS WITH INFLAMMATORY BOWEL DISEASE: ASSOCIATIONS WITH BODY COMPOSITION

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UEG Week Berlin 2025

Poster

Small Intestine & Nutrition

October 4, 2025

A cross-sectional study of 73 IBD patients found that vitamin D insufficiency was significantly associated with osteopenia/osteoporosis and overweight/obesity, but not with other body composition measures.

KEY POINTS

- Among 73 IBD outpatients (67.1% female, mean age 45 years, 93% in remission), 52.1% had insufficient vitamin D levels (mean 31.20 ± 8.78 ng/mL), and 58.7% had osteopenia or osteoporosis on DEXA scanning.
- Vitamin D insufficiency was significantly associated with osteopenia/osteoporosis ($p=0.0144$) and with overweight/obesity ($p=0.0265$).
- No significant associations were found between vitamin D levels and age, sex, lean mass, fat mass, phase angle, or regional bone mineral density measurements.
- The authors conclude that IBD patients are vulnerable to low vitamin D and low bone mineral density, and recommend further studies with larger samples to guide screening and supplementation strategies.

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