

## عنوان مقاله:

Novel Fracture Improvements via Vitamin D Supplementation

**محل انتشار:** مجله تروما, دوره 24, شماره 4 (سال: 1398)

تعداد صفحات اصل مقاله: 5

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## خلاصه مقاله:

Background: Distal radius fracture (DRF) is one of the most common upper limb fractures, which is associated with osteoporosis and vitamin D deficiency, especially in old adults.Objectives: The aimof this studywas to evaluate the effectof supplementary vitaminDongrip strength, pinchpower, painintensity, and DASH score in post-menopausal females after distal radius fractures. Methods: Fifty-two post-menopausal women with distal radius fractures were enrolled in a randomized single-blinded multicenter trial from January Yolo to January Yol9 (IRCT registration number: IRCTY-15-AT-049-87NY). Patients with pre-operative serum vitamin D level of To to 100 ng/mL were enrolled in the study. Patients were divided into two randomized groups including groups with and without supplementation of vitamin D [Ya women in intervention group ( $\Delta_{\circ,\circ\circ\circ}$  IU supplementary vitamin D, every F weeks for F months) and YY women in placebo group]. Grip strength, pinch power, pain intensity, and DASH score pre-operatively and at three and six months after the surgery were measured; the obtained data were analyzed using SPSS version IF.Results: The subjects' mean age in vitamin D supplemented and placebo group was ΔΥ.٩λ ± Υ.۱Δ and Δ٩.1Δ ± λ.οΨ, respectively. The mean grip strength of patients in vitamin D supplemented group was significantly higher than the placebo group on both the third and sixth months (P = 0.01) and P = 0.00, respectively). The pinch power was significantly increased on the sixth month compared to the third month in patients with revised vitamin D supplementation (1.47 ± Y.1F and  $\circ$ .5Y ±  $\circ$ .95 respectively, P =  $\circ$ .000). There was no statistically significant difference between the two groups in terms of mean VAS and DASH scores at the end of the study (P = YFI, P = 0.990, respectively). Conclusions: Vitamin D supplementation was significantly helpful in improving grip strength recovery in post-menopausal women after distal radius fracture, however, no significant differences were observed in supplementation of vitamin D on pinchpower and .pain intensity after distal radius fractures

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