Comments on Heidari et al.: Association between serum vitamin D level and gonarthrosis

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Dear Editor,

We read the article “Association between serum vitamin D deficiency and knee osteoarthritis” by Heidari et al. [1] in the on-line 2011 issue of International Orthopaedics with great interest.

The authors conclude that there is a significant association between knee osteoarthritis and serum vitamin D deficiency in some age groups, especially in patients younger than 60 years. Mean serum vitamin D levels in patients with knee osteoarthritis seem to be significantly lower than controls. This result may be regarded as evidence of a relationship between serum vitamin D levels and knee osteoarthritis. Still, there is a better known relationship between knee osteoarthrosis and a sedentary life due to pain in the knees [2].

However, the authors emphasise that they have excluded patients with knee osteoarthritis at stage 4 according to Kelegren-Lawrence; gonarthrosis is characterised by pain in the knees leading to a sedentary life and physical inactivity. Arthrosis is highly associated with less mobility, and patients with knee osteoarthritis usually prefer a more quiet life at home. These patients, being exposed to less sunlight,

usually have lower vitamin D levels when compared to the general population as sunlight has an important role in the metabolism of vitamin D. This means that vitamin D deficiency may result from knee osteoarthritis rather than being an aetiological factor in the pathogenesis of the disease.

We believe this requires further investigation to provide a definitive answer about the relationship between knee osteoarthritis and serum vitamin D levels.

Best Regards,
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References

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