

# Calcium and phosphorus homeostasis In breast fed and formula fed infants

**Thesis**

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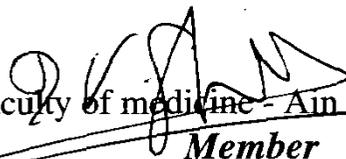
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## Summary

Calcium is the most prevalent electrolyte in the body . The content of calcium in the plasma is approximately 9.4 mg /dl and it normally varies between 9.0-10.9 mg /dl.

Calcium and phosphorus homeostasis is regulated by a complex system of endocrine and non-endocrine factors . However, the predominant endocrine control of calcium metabolism is mediated by P. T .H. calcitonin, and active vit - D metabolites .

In this study, two groups of infants aged between 6-18 months. were studied for different factors controlling calcium phosphorus homeostasis . The first group was breast fed infants while the second group was formula fed infants .

Assessment of serum calcium level showed that calcium levels were significantly higher in breast fed infants than formula fed infants inspite of the fact that calcium content of breast milk is lower than that of cow's milk and other formula. This was attributed to the high bioavailabilty and the more appropriate Ca/Ph. ratio in breast milk than in cow's milk .

Also, calcium and phosphorus were significantly positively correlated which denotes that vitamin - D mediated intestinal absorption is the most important regulator of calcium and phosphorus homeostasis in those normal infants.

Breast fed infants showed higher serum levels of P.T.H & Ca compared to that of formula fed infants. This significant difference can be interpreted as a primary increase of P.T.H in breast fed infants .

Also, there was a positive correlation between calcium and magnesium which can be explained by the effect of magnesium on P.T.H synthesis, release and action. This should be considered seriously in tetanic patients in whom calcium therapy alone might not be sufficient without magnesium supplementation . In addition, there was a positive correlation between magnesium and parathormone .

On the other hand, there was a negative correlation between magnesium and phosphorus and this can be explained by the fact that elevated P.T.H. constantly decrease serum phosphorus .

Alkaline phosphatase levels were lower in breast fed infants than the formula fed infants and this can be explained by the fact that the action of P.T.H to elevate serum calcium is intestinal rather than osseous .

To conclude, breast milk inspite of its low calcium content, is characterized by higher bio- availability which keeps it the optimal infant diet even for this micronutrient .

All the most recent and technologic advances just aim to establish an adequate formula for infant feeding to parallel this God given feed for infants .

Mother's milk is an important resource for a nation, not only from the biological part of view but also from the economic angle . Breast feeding is easy, this is a great advantage especially where mothers of restricted education and intelligence are concerned, where health education for the mother is poor, where hygiene is of low standard and where milk supplies are delivered irregularly, or can't be adequately stored .

This is particularly applies to Egypt and other developing countries where maintainance of breast feeding is critical for survival and for adequate nutrition. So, encouragement of breast feeding is required .



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﴿ وَالْوَالِدَاتُ يُرْضِعْنَ أَوْلَادَهُنَّ حَوْلَيْنِ

كَامِلَيْنِ لِمَنْ أَرَادَ أَنْ يُتِمَّ الرَّضَاعَةَ ﴾

صَدَقَ اللهُ الْعَظِيمُ

(سورة البقرة آية ٢٣٣)

# *Contents*

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- I - Introduction and Aim of Work.
- II - Review of Literature:
  - Calcium
  - Phosphorus
  - Magnesium
  - Parathormone
  - Calcitonin
  - Vitamin - D
  - Infant feeding
- III - Materials and Methods
- IV - Results and their analysis.
- V - Discussion.
- VI - Summary and Conclusion.
- VII - References.
- VIII - Arabic Summary.

# *List of Figures*

---

<i>Fig</i>		<i>Page</i>
1	: Hypocalcemic action of phosphorus.	16
2	: Primary structure of pre-pro parathyroid hormone .	24
3	: Rates of gastrointestinal absorption of calcium as a function of parathyroid status in man.	32
4	: Human Calcitonin molecule showing the amino acid sequences.	34
5	: Schematic depicting regions of nephron sensitive to parathyroid hormone (P.T.H) and calcitonin (CT.).	42
6	: Activation of cholecalciferol pro hormone to bioactive 1.25(OH) <sub>2</sub> D hormone by way of sequential hydroxylation in liver and kidney.	50
7	: Feedback regulation of 1.25(OH) <sub>2</sub> D generation.	56
8	: Relationship between weight and height of breast and formula fed infants.	103
9	: Relationship between age and weight of breast and formula fed infants.	104

<b><i>Fig</i></b>	<b><i>Page</i></b>
<i>10</i> : Relationship between age and height of breast and formula fed infants.	105
<i>11</i> : Age , weight , height and B.M.I of breast and formula fed infants.	106
<i>12</i> : Calcium, phosphorous and magnesium of breast and formula fed infants.	107
<i>13</i> : Relationship between age and calcium of breast and formula fed infants.	108
<i>14</i> : Relationship between weight and calcium of breast and formula fed infants.	109
<i>15</i> : Relationship between age and phosphorous of breast and formula fed infants.	110
<i>16</i> : Relationship between weight and phosphorous of breast and formula fed infants.	111
<i>17</i> : Relationship between calcium and phosphorous of breast and formula fed infants.	112
<i>18</i> : Relationship between calcium and magnesium of breast and formula fed infants.	113
<i>19</i> : Relationship between age and magnesium of breast and formula fed infants.	114
<i>20</i> : Relationship between magnesium and weight of breast and formula fed infants.	115

<b>Fig</b>	<b>Page</b>
21 : Relationship between magnesium and phosphorous of breast and formula fed infants.	116
22 : Relationship between magnesium and alkaline phosphatase of breast and formula fed infants.	117
23 : Relationship between age and P.T.H. of breast and formula fed infants.	118
24 : Relationship between weight and P.T.H. of breast and formula fed infants.	119
25 : Relationship between calcium and P.T.H. of breast and formula fed infants.	120
26 : P.T.H and alkaline phosphatase of breast and formula fed infants. .	121
27 : Relationship between magnesium and P.T.H. of breast and formula fed infants.	122
28 : Relationship between weight and alkaline phosphatase of breast and formula fed infants.	123
29 : Relationship between age and alkaline phosphatase of breast fed infants.	124
30 : Relationship between age and alkaline phosphatase of breast and formula fed infants.	125
31 : Relationship between calcium and alkaline phosphatase of breast and formula fed infants.	126

# *List of tables*

---

<i>Table</i>	<i>Page</i>
<i>1 ( a ):</i> Normal levels of Ionized calcium in Blood of Newborn infants.	6
<i>1 ( b ):</i> Normal levels of total calcium in Blood of Newborn infants.	6
<i>2</i> : Approximate Composition of colostrum and mature human milk.	61
<i>3</i> : Content per liter of different nutrients in human milk and cow's milk.	64
<i>4</i> : Composition of protein nitrogen and non protein nitrogen in human milk and cow's milk.	66
<i>5</i> : Composition of human milk fat.	73
<i>6</i> : Demographic and Anthropometric data of breast fed infants.	94
<i>7</i> : Laboratory data of breast fed infants.	95
<i>8</i> : Demographic and Anthropometric data of formula fed infants.	96

<b><i>Table</i></b>		<b><i>Page</i></b>
<b><i>9</i></b>	: Laboratory data of formula fed infants.	97
<b><i>10</i></b>	: Correlation coefficients of Age , weight , height and B.M.I of infants.	98
<b><i>11</i></b>	: Correlation coefficients of Laboratory results of infants.	101

# *List of Abbreviations*

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Ca	=	calcium
PO	=	phosphorous
Mg.	=	magnesium
P.T.H	=	parathyroid hormone
CT.	=	calcitonin
A.T.P	=	Adenosine Triphosphate
F.S.H	=	Follicle stimulating hormone
A.D.H	=	Anti diuretic hormone
C.A.M.P	=	Cyclic adenosine mono phosphate
E.C.F	=	Extra cellular fluid
I.G.F	=	Insulin - like Growth Factor
T.S.H	=	Thyroid stimulating hormone
1.25(OH) <sub>2</sub> D	=	1.25 , di-hydroxy Cholecalciferol
Ig. A	=	Immuno globulin A.

- E.G.F = Epidermal Growth factor.
- B.M.I = Body Mass Index.
- S.D = Standard deviation.
- C.D.U = Coefficient of digestive utilization.
- K.A.Ps = Knowledge Attitude and practice.
- G.I.T = Gastro Intestinal Tract.