



Institute of Postgraduate Childhood Studies

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Body Composition Changes, Bone Density and Bone Turnover Markers in Obese Children

Thesis

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(Child Health and Nutrition)

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Abstract

Background: Osteoporosis is a major health problem. It is a disease of progressive bone loss associated with increased risk of fractures. A dramatic increase in prevalence of pediatric obesity has occurred in most countries over the past few decades. Understanding the relationship between pediatric obesity and bone health is relevant for health professionals, because childhood and adolescence are two critical periods in the prevention and development of diseases in adulthood.

Aim: This study aimed to study the relation between obesity, body composition and bone density by using dual energy x-ray absorptiometry (DEXA) and some bone turnover markers as Osteocalcin (OC) and Deoxypyridinoline (DPD) in obese children.

Design: Case-control study.

Methods: a case-control sample of 80 pre-pubertal, Egyptian children aged 6-10 years were divided into 40 cases with simple obesity (BMI \geq 95th percentile) and 40 controls (non-obese). Physical examination that included weight, height, hip circumference and waist circumference were performed. Body mass index (BMI) and waist-hip ratio were calculated. Blood and urine samples were collected. Serum was separated and assayed for Osteocalcin, calcium, phosphorus, alkaline phosphatase and lipid profile. Urine was collected, centrifuged and assayed for deoxypyridinoline.



Results: All anthropometric parameters were increased (except for height) in obese children. All DEXA parameters for the whole body, hip and lumbar areas were greater in obese children. All DEXA parameters for the whole body were positively correlated with BMI, weight and height. Lipid profile was positively correlated with most of DEXA parameters as area, BMD, total body fat, lean, lean + BMC and total mass but they were negatively correlated with high density lipoprotein (HDL). Calcium showed significant increase in obese children, while alkaline phosphatase showed significant decrease in the same group. Osteocalcin was found to be negatively correlated with most of DEXA results in obese children in comparison to non-obese children. While the urinary DPD, showed no significant difference between obese and non-obese groups.

Conclusion: obese children have increased anthropometric and DEXA parameters which were positively correlated with BMI, weight, height and lipid profile except for HDL. Obese children also showed significant increase in serum calcium and significant decrease in alkaline phosphatase. Osteocalcin was found to be negatively correlated with most of DEXA results in obese children in comparison to non-obese children. While the urinary DPD, showed no significant difference between obese and non-obese groups.

Recommendations: we recommend the childcare providers to supply the children with healthy balanced diet to avoid obesity throughout their life with the use of DEXA and Osteocalcin as



early predictors of osteoporosis in obese children to avoid continuation of the problem of osteoporosis in the adulthood, while for the urinary DPD, as it did not give us any significant data either in obese or non-obese children in addition to its high price, so we do not recommend its use in this early age.

Keywords: Osteoporosis, obese children, bone markers, dual energy x-ray absorptiometry (DEXA).

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Contents

	Page
Abstract	i
List of Abbreviations	iv
List of Tables	ix
List of Figures	xi
Introduction	3
Aim of the Study	7
Review of Literature	11
<i>Chapter 1: Obesity</i>	11
<i>Chapter 2: Bone Minerals and Metabolism</i>	51
<i>Chapter 3: Assessment of bone status in children</i>	114
<i>Chapter 4: Osteoporosis</i>	145
Subjects and Methods	173
Results	201
Discussion	261
Summary	279
Conclusions	285



	Page
Recommendations	289
References	293
Arabic Summary	١

List of Abbreviations

AR	adiposity rebound
AP	Anteroposterior
BIA	Bioelectric Impedance Analyzer
BMC	bone mineral content
BMD	Bone mineral density
BMI	Body mass index
BMP	bone morphogenic protein
BMU	Basic multicellular units
BSP	Bone sialoprotein
Ca	Calcium
CaR	calcium-sensing receptor
CDC	the Centers for Disease Control
CRP	C-reactive protein
CT	computerized tomography
CTX	Urinary or serum collagen type 1 cross-linked C-telopeptide
DEXA	Dual energy X-ray absorptiometry
DPD	Urinary deoxypyridinoline
DXR	Digital X-ray Radiogrammetry
ECM	extracellular matrix
ELISA	Enzyme linked immunosorbent assay
EPR1,2,3,4	E-prostanoid receptors, 1,2,3,4
ER α or ER β	estrogen receptor- α or- β
FDA	Food and Drug Administration
FM	Fat mass

FFM	fat free mass
FGFs	fibroblast growth factors
GC	Glucocorticoids
GH	Growth Hormone
GHD	GH deficiency
GIO	glucocorticoid induced osteoporosis
HDL	high density lipoprotein
HRP	horseradish peroxidase
Ht.	height
IGF-1	Insulin growth factor-1
Ihh	Indian hedge hog
ISCD	International Society for Clinical Densitometry
IU	International unit
LBM	Lean body mass
LDL	low density lipoproteins
LPL	lipoprotein lipase
LRP5	Low density lipoprotein receptor
LST	lean soft tissue
MAbs	monoclonal antibodies
MCP-1	monocyte chemo attractant protein-1
M-CSF	macrophage colony stimulating factor
MMP	matrix metallo-proteinases
MRI	Magnetic Resonance Imaging
NTX	Urinary collagen type 1 cross - linked N - telopeptide
OC	Osteocalcin

OCPs	Osteoclast precursors
OD	Optical density
OPG	osteoprotegerin
OST	serum human osteocalcin
PBM	Peak Bone Mass
PCOS	Poly cystic ovary syndrome
PGFF2	prostaglandin factor 2
Pi	Inorganic phosphorus
PTH	Parathyroid Hormone
PTHrp	Parathyroid hormone related protein
PYD	Urinary total pyridinoline
QCT	Quantitative Computed Tomography
QUS	Quantitative ultra sonography
RANKL	receptor activator of nuclear factor kappa B ligand
r.b.m	Round per minute
RER	rough endoplasmic reticulum
rhPTH	recombinant human parathyroid hormone
ROI	Region of interest
Runx2	Runt-related protein2
SAS	sleep apnea syndrome
SCFE	Slipped Capital Femoral Epiphysis
SD	standard deviations
SIBLING	small integrin-binding ligand
SOX	sry-related high-mobility-group box
TBW	Total body water

TFM	total fat mass
TGF-B	tumor growth factor-beta
TNF	tumor necrosis factor
TSH	Thyroid Stimulating Hormone
UVB	ultraviolet B
VBMD	volumetric BMD
VDBP	Vitamin D binding protein
VDRs	Vitamin D receptors
VEGF	vascular endothelial growth factors
VLDL	very low density lipoproteins
VOI	Volume of interest
WHO	World Health Organization
WHR	Waist–hip ratio or waist-to-hip ratio
Wt.	weight
Zn	zinc

List of Tables

	Title	Page
Table (1):	The International Classification of adult underweight, overweight and obesity according to BMI	15
Table (2):	Strength and limitations of laboratory methods for assessing body fatness among children and adolescents.	17
Table (3):	Comparison between idiopathic and endogenous obesity	21
Table (4):	Summary of important growth factors and signalling molecules with relevant impact for the regulation of proliferation and differentiation of growth plate chondrocytes	76
Table (5):	Recommended daily Calcium intake	93
Table (6):	Adequate intake (AI) for vitamin D	98
Table (7):	Methods of measuring BMD	127
Table (8):	Definition of terms relating to Bone Mineral Density	130
Table (9):	Common terms seen in DEXA report	131
Table (10):	Shows the causes of primary and secondary osteoporosis.	150
Table (11):	Distribution of the studied sample according to sex.	201
Table (12):	Distribution of the studied sample according to family history of obesity	202
Table (13):	Age and anthropometric measurements of the studied sample	203
Table (14):	Comparison between obese and non-obese	205

	Title	Page
	children in DEXA results for the whole body	
Table (15):	Comparison between obese and non-obese children in DEXA results for hip	208
Table (16):	Comparison between obese and non-obese children in DEXA results for Lumbar Spine	210
Table (17):	Correlation between DEXA parameters and (BMI, weight and height) for the whole body	212
Table (18):	Correlation between DEXA parameters and (BMI, weight and height) for the hip	225
Table (19):	Correlation between DEXA parameters and (BMI, weight and height) for the lumbar Spine	229
Table (20):	comparison between obese and non-obese in laboratory parameters	235
Table (21):	Correlation between DEXA parameters for whole body and lipid profile	237
Table (22):	Correlation between DEXA parameters for hip and lipid profile	247
Table (23):	Correlation between DEXA parameters for lumbar spine and lipid profile	248
Table (24):	Correlation between DEXA parameters for the whole body and Ca., Ph., Alkaline phosphatase, OC & DPD	249
Table (25):	Correlation between DEXA parameters for Hip and Ca., Ph., Alkaline phosphatase, OC & DPD	256
Table (26):	Correlation between DEXA parameters for Lumbar Spine and Ca, Ph, Alkaline phosphatase, OC & DPD	260

List of Figures

	Title	Page
Fig. (1):	Factors which may cause obesity	24
Fig. (2):	Childhood obesity complications	29
Fig. (3):	The Food pyramid	44
Fig. (4):	Compact bone & spongy (cancelluos) bone	52
Fig. (5):	Osteoclast cell	61
Fig. (6):	Osteocyte cells	63
Fig. (7):	Zones epiphyseal growth plate	68
Fig. (8):	Endochondral ossification	69
Fig. (9):	Hormonal factors influencing bone density in obese adolescents	72
Fig. (10):	Effects of GH and IGF-I on bone	73
Fig. (11):	Phases of bone remodeling	86
Fig. (12):	Synthesis and metabolism of vitamin D and its role in the regulation of calcium, and phosphorus, and bone metabolism	101
Fig. (13):	The parathyroid axis	103
Fig. (14):	Deoxypyridinoline. Deoxypyridinoline cross-linking in bone collagen	109
Fig. (15):	Comparison between bone mineral density in men and women	118
Fig. (16):	DXA images	124
Fig. (17):	Dual Energy X-ray Absorptiometry (DEXA)	125
Fig. (18):	DEXA (Dual Energy X-ray Absorptiometry)127	127
Fig. (19):	Vertebral compression fractures in lumbar spine of a child with juvenile idiopathic osteoporosis	149
Fig. (20):	Normal bone and osteoporotic bone	150
Fig. (21):	measurement of waist hip ratio	176