ALLERGY, VITAMINS

FORGET ABOUT PLASMA VITAMIN D MEASUREMENTS

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I have written in my recent editorial about the nonsense of plasma vitamin D measurements. A recent case history of a patient with a deleted vitamin D carrier molecule GC now confirms the free-hormone hypothesis. The patient's plasma 25(OH)D levels was only 0.4% of those in the unaffected sibling.

Despite a lifelong deficiency of vitamin D binding protein, limited sun exposure (for religious reasons), and a diet that was probably lacking sufficient vitamin D, our patient did not have rickets or osteomalacia but rather osteopenia and fragility fractures that occurred in the fifth decade of life.

Another carrier sibling had only two third of the plasma 25(OH)D level compared to the unaffected sibling but showed "no appreciable clinical manifestations".
So why measure 25(OH)D?