Potential Effects of Vitamin K Supplementation on Bone Metabolism

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1. In the rat animal model maximal prothrombin synthesis may be achieved at vitamin K intakes at which urinary Gla excretion is sub-maximal. (This thesis)

2. PIVKA II, urinary Gla, and the hydroxyapatite-binding capacity of osteocalcin (HBC) are all markers for vitamin K status. If they are compared in subclinical deficiencies, HBC is the most sensitive marker for vitamin K status. (This thesis)

3. In healthy growing children the serum osteocalcin concentration is higher than in adults due to the high bone turnover in a growing organism. Still higher values may be associated with hypocalcemia or secondary hyperthyroidism. (This thesis)

4. The effect of vitamin K supplementation on bone metabolism is reflected by an increased HBC of osteocalcin and an increased serum concentration of bone-specific alkaline phosphatase, suggesting a positive effect on bone formation. (This thesis)

5. The deficiency of vitamin K at other tissues than liver is common among apparently healthy population. This observation should lead to a re-evaluation of the RDA for vitamin K based on the proportion between the carboxylated and the undercarboxylated forms of osteocalcin. (This thesis)


7. Europe is a Balkanic invention: Socrates, Plato, Aristotle were from the Balkans. (Al. Paleologu)

8. Promoveren bij een half-time aanstelling vol onderwijstaken is als de 100 meter lopen op één been.

9. Today is the first day of the rest of your life. (Ch. Dederich)

10. Some biochemists use statistics as a drunken man uses lampposts – for support rather than illumination.

11. The noblest of all dogs is the hot-dog; it feeds the hand that bites it. (Laurence J. Peter)

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