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Fermented wheat products and Bone Health in retinoic acid induced Osteoporosis: A systematic review of randomized controlled trials, prospective cohorts, and case-control studies

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Fermented wheat and its product consumption is positively associated with bone health included bone mineral density. Emerging evidence and studies suggested that fermented wheat products may have specific beneficial effects on skeletal health. We conducted a systematic review and meta-analysis to assess the effect of fermented wheat products on bone health indicators in retinoic acid induced osteoporosis given their increased risk for osteoporosis and fragility fractures. Electronic databases were searched for controlled trials and prospective cohort and case-control studies that examined the relation between fermented wheat products and bone health outcomes (fracture incidence, BMD, BMD T-score, and percentage change in bone turnover markers such as TRACP, HOP,) in osteoporotic rats. Newcastle–Ottawa scale and RoB 2.0 tool were used to observe the experiments. Over all response rate of results were obtained by Pooled RRs. Results of the meta-analysis of 3 cohort studies (n = 102,819) suggest that higher consumption of fermented wheat was associated with decreased hip fracture risk (pooled RR: 0.73; 94% CI: 0.53, 0.82, I² = 27%). Daily intervention of fermented wheat decreased bone resorption marker concentrations. It was also observed that higher consumption of fermented wheat is associated with a reduced risk of hip fracture compared with low or no intake and also showed higher values for T score.

Biography

Aayeena Altaf is a Senior researcher at Indian council of medical research (ICMR), Born in Kashmir, India. I had done my initial education in Kashmir and done my PhD in food technology and nutraceuticals from jamia hamadard New Delhi. I have published 13 research and review article....as well 4 book chapters....