

## IN BRIEF

## BONE

High alcohol consumption is associated with an increase in femoral BMD in physically active men from the Indian armed forces, Venkat *et al.* report. Compared with men who did not consume alcohol, femoral BMD was notably higher in men with a weekly alcohol intake >24g. Such men also had lower concentrations of testosterone (total, free and bioavailable) and parathyroid hormone and higher concentrations of estradiol than nonconsumers.

**Original article** Venkat, K. K. *et al.* Effect of alcohol consumption on bone mineral density and hormonal parameters in physically active male soldiers. *Bone* doi:10.1016/j.bone.2009.05.005

## GROWTH

Elevated insulin-like growth factor I concentrations at the age of 3 months in formula-fed infants, compared with their breast-fed counterparts, are linked to quicker gains in length but slower gains in BMI and adiposity between the ages of 3 months and 12 months. Ong and colleagues suggest that insulin-like growth factor I has a key role in various aspects of infant growth and weight gain.

**Original article** Ong, K. K. *et al.* Insulin-like growth factor I concentrations in infancy predict differential gains in body length and adiposity: the Cambridge Baby Growth Study. *Am. J. Clin. Nutr.* **90**, 156–161 (2009).

## DIABETES

Women with gestational diabetes mellitus who self-monitor their blood glucose levels on a daily basis are less likely than those who undergo weekly office-based glucose testing to give birth to excessively heavy babies. Hawkins *et al.* observed fewer births of macrosomic and large for gestational age babies in the daily monitoring group than in the weekly monitoring group (21.9% and 33.1% versus 29.5% and 34.4%, respectively). Maternal weight gain was also lower in the self-monitoring group.

**Original article** Hawkins, J. S. *et al.* Weekly compared with daily blood glucose monitoring in women with diet-treated gestational diabetes. *Obstet. Gynecol.* **113**, 1307–1312 (2009).

## NUTRITION

Aasheim and co-workers have found that biliopancreatic diversion with duodenal switch is associated with a greater risk of vitamin A and D deficiencies than is Roux-en-Y gastric bypass in the first postprocedural year. These results suggest that monitoring and supplementation regimens for these patients should differ according to the type of bariatric surgery performed.

**Original article** Aasheim, E. T. *et al.* Vitamin status after bariatric surgery: a randomized study of gastric bypass and duodenal switch. *Am. J. Clin. Nutr.* **90**, 15–22 (2009).